



November 4, 2018
North Bethesda Middle School
News and Notes



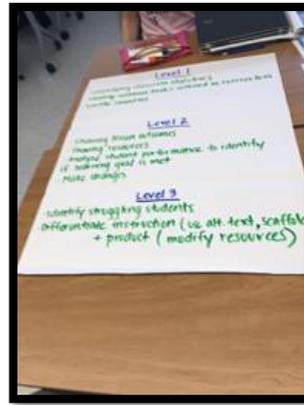
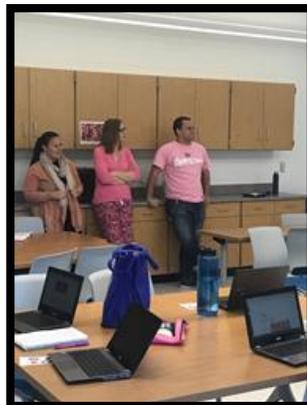
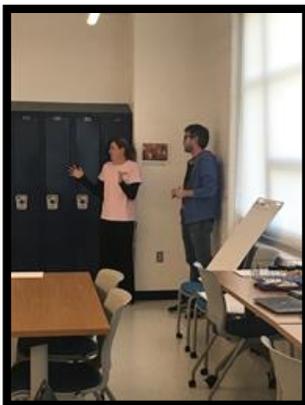
NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS

- 11/6 No School for Students and Teachers
- 11/7 Early Release Day for Students
- 11/12 Early Release for Students Conferences 1:30 – 6:00 p.m.
- 11/13 Early Release Day for Students and Teachers
- 11/13 PTSA Meeting 7:00 p.m. Media Center
- 11/21 Early Release Day for Students and Staff
- 11/22–23 Thanksgiving – School Closed

Greetings North Bethesda Family:

November is a month of thanks. This week, a staff member received a wonderful e-mail recognizing NBMS staff. In response to an e-mail from Ms. Lutchenkov about actions Ms. Galiano and she have taken to help the parent’s child. the parent shared, “Thanks for your note. My son is one lucky student to have such great teachers like you and Josefina. You have helped keep him on track and increased his confidence level. We are thoroughly impressed (and have been for many years) with the quality of education NBMS offers, and it is the dedication and professionalism that you have shown that makes it that way.” As I have expressed before, I am thankful to be the principal of North Bethesda because of the wonderful students and staff but especially the positive and supportive parent community!

On Thursday, teachers engaged in professional learning through departments delving into the planning for powerful instruction protocol. Department members have collaborative planning time together to plan lessons that meet the needs of all NBMS students. This protocol provides guidance on long-term, weekly, and daily planning, and poses questions for teachers to examine what to do to scaffold for students and to provide extensions.



HOMEWORK HELP

Did you know that NBMS offers free homework help for your child, sponsored by the PTSA? It is every Tuesday, Wednesday and Thursday, 3:15 to 4:15 pm, in D207. Students can stop by any day they want. Students can take the activity bus back to your neighborhood. Please consider having your student take advantage of this opportunity.

Another homework help resource is MCPS's Homework Hotline. Learn more about it at this link: [HHL](#)

CONFERENCES

On Monday, November 12, 2018, from 1:30 – 6:00 p.m. parents and guardians will have the opportunity to touch base with their child's teachers. There are no appointments but parents are asked to limit their conversations with teachers to 5 minutes in order to allow for more parents to meet the teachers. Please see the attached letter which provides more detail. [Parent Conferences 18-19](#)

COFFEE WITH THE COUNSELORS

Friday, November 2, NBMS had our second Coffee with the Counselors on Friday, November 2nd. This morning's Department of Health and Human Services Adolescent Substance Abuse Program came to speak to parents in hopes of increasing their knowledge and awareness on this important topic. The following themes were discussed: Montgomery County teenage substance use statistics, substances commonly used by teens, common slang terms, risk factors, protective factors, why teens use substances, dangers of adolescent substance use, when substance use is a problem, and signs of use. If you were not able to attend our meeting and are interested in hearing more information, please contact Jennifer Sadara, Resource Counselor.

The next Coffee with the Counselors will be held on February 15, 2019. Mr. Vincent Devivo from the Attorney General's office will be presenting. He will share information about how best to protect young people from negative and criminal influences online. Topics include social networking, cyber bullying, sexting, and internet predators. The program provides prevention and intervention strategies and internet safety resources.

BULLYING/CYBERBULLYING

Unfortunately, at the middle school, there are sometimes unfortunate incidents where students have been less than kind on social media. This can be a distraction to students and the school day and have a negative impact on our students' social emotional health. Please take a look at this link: [STOP CYBERBULLYING](#).

Remind your child to use social media responsibly and to “THINK”:

Is it True

Is it Helpful

Is it Inspiring

Is it Necessary

Is it Kind



More information about cybersafety can be found on the MCPS website [CYBERSAFETY](#)

In addition, students at this age must be reminded to keep their hands to themselves and to make sure they are always treating their peers with respect. Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. [STOP BULLYING](#). Attached is the Bullying and Harassment reporting form. [Form 230-35](#)

YEARBOOKS!

Please order your child’s yearbook as soon as possible so we can have an accurate count. You may now order your yearbook at <https://ybpay.lifetouch.com/> using ID #10235719. Yearbooks are only sold online; NBMS does not order extra books to be sold at school. When you order a yearbook, you will be emailed a receipt; please keep this receipt until books are distributed the last week of school. If you have pictures of NBMS students at school events that you would like to submit to the yearbook, please email them to Ms. Wolfinger at maryellen.wolfinger@mcpsmd.net.

MONTHLY MEDIA CENTER NEWSLETTER

Our phenomenal media specialist, Nicolette Woods, who also serves as our webmaster is now publishing a monthly newsletter for our staff but it has helpful resources for parents too. Here is the first issue of the [NBMS Media Center Monthly](#). In this issue of the Media Monthly newsletter, Ms. Woods has included info on great new online resources, a free video-making tool for students, new diverse books, and a highlight on Digital Citizenship. Check it out [HERE!](#)

MYMCPS Parent Portal Resources

[MYMCPS Overview](#)

[MYMCPS PORTAL GUIDE](#)

[Portal Resources In Spanish](#)

Giant A+ School Rewards Program

Please sign up for Giant A+ School Rewards Program program to support our school

How Do Parents/Guardians Community Members Sign Up

- Locate your 12-digit Giant card number found on the back of your card.
- Visit <https://giantfood.com/aplus> and select “register your card,” located in the box at the top right of the webpage. Follow the prompts to complete the registration, or call the A+ School Rewards Hotline at 1-877-275-2758 for assistance.
- If you have a Giant card but do not know your 12-digit card number, call the Giant card hotline at 1-877-366-2668 and select Option #1.
- If you need a Giant card, please visit your local store or visit giantfood.com.

GRADE LEVEL NEWS

Here is the link to the Academics Tab on the website where you can find the grade level news. I sent this week’s grade level news Thursday evening in a separate e-mail.

[Grade Level News](#)

CARE CASH and the CARE STORE

Thank you to Sarah Cuneo for being our Care Cash Coordinator. Sarah has worked tirelessly to stock our Care Store so students may make purchases with their Care Cash! Thank you to her team of Care Cash store volunteers. They are supporting our students’ demonstration of our core values, Communication, Accountability, Respect, and a positive Environment Thank you to staff for contributing rewards! Thank you to our community for donating to the store! Keep those donations coming.

STUDENT FINALIST

NBMS’s own Eglan Hagos a semi-finalist in the WTOP Junior Reporter contest! Help her by voting once per day from now until Nov. 9. The winner gets \$500 and NBMS gets \$1000 and PLUS the chance to be featured on WTOP! Vote for Eglan today! <https://wtop.com/contests/reporter/>
The link works best through Google Chrome. Scroll to 6-8 and then Eglan is in the third row down on the right!

INTERSCHOLASTIC SPORTS

Boys' Softball

Coach Elmer shared, ““On Tuesday, the North Bethesda boys’ softball team hosted Robert Frost Middle School on a muddy and mushy home field. In the first inning, Frost jumped out to an early lead scoring a run after a series of base hits. The Phoenixes answered immediately with an RBI by Alex Chang to score Vance Bonior tying the game 1 – 1. With the NB defense holding strong, the offense lit up the scoreboard in the 3rd and 4th inning by scoring multiple runs. Runs were scored by James White and Alex Klein. The top offensive play goes to Kosuke Higachi as he crushed a 3–run homerun in the 5th inning. Frost attempted to battle back in the last inning, but were shut down by great defensive plays at home plate by Ian Lopez and Elouan Cabrera. The Phoenixes dominated Frost with a score of 12–5. This was the boys last game of season, making their final record 3–2. **This is a huge accomplishment to have a winning record that has been recognized all over Montgomery County!** Teams around the county now consider North Bethesda to be a top competitor in the sport of softball. Congratulations to all the players for making this a historic season in North Bethesda sports history!

Girls' Softball

This week the NBMS girls softball team fought hard against Robert Frost MS and Tilden MS. Unfortunately their efforts fell short, but not without some major season highlights. On Thursday, Sami Rosenberg and Becca Freda combined forces to end the top of the first inning with a triple play! Sami was able to get the first two outs by catching a fly ball to first and then catching a base runner who didn’t tag up. After earning us our first two outs, Sami threw the ball to Becca at third who was able to catch another base runner who didn’t tag up. Leora Leavey and Susanna Hubacker also played great defense as pitchers giving us 3 strikeouts. Offensively we struggled to get things going in both games but Sami was able to clobber a homerun out of the park on Thursday to put us on the board. Everyone had a great season!

Basketball

Coach Ben Leffler will be coaching Boys’ Basketball this season and Coach Eric Elmer will be coaching Girls’ Basketball. **Tryouts are November 27, 28, and 29.** 7th and 8th grade students interested in trying out should make sure they have turned in their medical forms prior to the tryout dates.

"STUDENT SERVICE LEARNING HOURS

Give a Little Time...Make a Big Difference

SSL is a graduation requirement...but it is also an opportunity! Explore careers, learn new skills, expand understanding, and strengthen character. If you can make a difference... do it!

Learn about the SSL graduation requirement and how to meet it in MCPS by referring to the website www.mcpsssl.org. Please contact our SSL coordinator, Carla Jurewicz if you have any questions. Carla_A_Jurewicz@mcpsmd.org"

ATTENDANCE

Important Reminder for all Parents from the Main Office Staff:

We receive lots of calls from parents late in the day asking that we deliver messages to students. We frequently also have parents dropping by in the last 20 minutes of school wanting to pick up their children early.

Of course, we want to accommodate all requests. However, it can be difficult to get message to students on a moment's notice. It means looking up the schedules, then interrupting teachers during their planned lessons.

The school has some strategies in place for facilitating early dismissals. Please send a note with the student in the morning requesting that your child be in the office at the time that you get here. The student will then get a pass, which is then presented to the appropriate teacher at the appropriate time. The student comes to the main office without being contacted by the office. You sign your student out, and off you go!

The benefits are that you will not have to wait, the student will be retrieved in a timely manner, and the classroom and teacher are not interrupted during their lessons.

We recommend that you consider employing a similar strategy to help your student remember after school schedules and/or appointments. You might want to write a note, and put it in or on the student's agenda book. It's an opportunity for the student to get a quick reminder, and have some correspondence from mom or dad during the day – a little pick-me-up! *For your convenience, we are attaching the attendance note to be used in the case of absence or early departure.*

[Attendance Note](#)

MCPS News

What's Good, MCPS

MCPS has created a new webpage to celebrate the good news about the district's great students, staff, and schools. [What's Good, MCPS](#) stories are collected from social media, MCPS community and staff newsletters, local media, and more. You can also join in the conversation and tell us about the great things you are seeing in MCPS by using the hashtag #WhatsGoodMCPS on social media or by submitting the following form when you hear about other good news: docs.google.com/forms/d/e/1FAIpQLSfyax02sFuOLtrFkdSzBmH7JLPfgY-HlST3uEIp_FyWvgVWSjA/viewform. The webpage will be updated regularly so check back frequently.

Qué Hay de Bueno, MCPS

MCPS ha creado una nueva página web para celebrar las buenas noticias acerca de los mejores estudiantes, empleados y escuelas del distrito escolar. [Qué Hay de Bueno, MCPS](#) ofrece notas recolectadas de los medios sociales boletines informativos de la comunidad y del personal de MCPS, medios locales y más. Usted también puede participar en la conversación y contarnos las grandes cosas que usted está viendo en MCPS, usando la etiqueta ("hashtag") #WhatsGoodMCPS en los medios sociales o enviando el siguiente formulario cuando usted se entere sobre otras buenas noticias: docs.google.com/forms/d/e/1FAIpQLSfyax02sFuOLtrFkdSzBmH7JLPfgY-HIST3uEIp_FyWvgWSjA/viewform. La página web será actualizada regularmente, así que consúltela con frecuencia.

MCPS Needs Your Input to Help Prepare the Operating Budget (English and Spanish)

MCPS is seeking specific input on areas the school district should prioritize in the operating budget for Fiscal Year 2020. Tell us which strategies, programs or efforts are working or are not working to help improve outcomes for all students.

Please complete a brief [survey](#) to provide your feedback. MCPS will use the information it receives from this survey to help guide the development of the budget.

MCPS Necesita de Su Aporte para Ayudar a Preparar el Presupuesto Operativo

MCPS solicita aporte específico sobre las áreas que el distrito escolar debería priorizar en el presupuesto operativo para el Año Fiscal 2020. Díganos qué estrategias, programas o esfuerzos están funcionando o no, a fin de ayudar a mejorar los resultados para todos los estudiantes.

Por favor complete una breve [encuesta](#) para proporcionar sus comentarios. MCPS usará la información que reciba de esta encuesta para ayudar a guiar la elaboración del presupuesto.

New Anonymous Tip Line Available

The Safe Schools Maryland Tip Line is an anonymous reporting system used to report threats to the safety and/or well-being of students.

Students, parents/guardians, faculty, staff, and members of communities throughout Maryland may use this anonymous, app- and web-based reporting system to share their concerns, such as:

- Mental health crises
- Bullying
- School and community violence
- Drug activity
- Abuse
- Harassment
- Other issues affecting our Maryland students

The Safe Schools Maryland Tip Line is a tool for proactively addressing harmful situations and helping students who need it. By using a variety of communication modes to support the reporting and routing of tips, The Safe Schools Maryland Tip Line empowers the citizens of Maryland to create a culture of preparedness, prevention, and school safety for our students. For more information, to share a concern and to download the app, visit safeschoolsmd.org/.

Disponible la Nueva Línea Anónima para Reportar Pistas

La Línea de Escuelas Seguras de Maryland para Reportar Pistas (Safe Schools Maryland Tip Line) es un sistema anónimo que se utiliza para reportar amenazas a la seguridad y/o al bienestar de los estudiantes.

Los estudiantes, los padres/guardianes, los docentes, el personal y los miembros de las comunidades de todo Maryland pueden usar este sistema anónimo con base de aplicaciones e Internet, para compartir sus preocupaciones, tales como:

- Crisis de salud mental
- Abuso/intimidación ("bullying")
- Violencia en una escuela y en la comunidad
- Actividades relacionadas con drogas
- Abuso
- Acoso
- Otros asuntos que afectan a nuestros estudiantes en Maryland

Safe Schools Maryland Tip Line es una herramienta para abordar de manera proactiva situaciones perjudiciales y ayudar a los estudiantes que la necesiten. Mediante el uso de una variedad de métodos de comunicación para apoyar que se reporte y se dirija información, Safe Schools Maryland Tip Line faculta a los ciudadanos de Maryland para que creen una cultura de preparación, prevención y seguridad escolar para nuestros estudiantes. Para más información, para compartir una preocupación o para descargar la aplicación, visite safeschoolsmd.org/.

2018 School-Based Seasonal Flu Clinics (English and Spanish)

The 2018 flu season is upon us. There are simple steps you and your child can take to stay healthy and help prevent the flu. That includes getting a yearly flu vaccine.

The Montgomery County Department of Health and Human Services will conduct free injectable flu vaccine clinics on November 13 from 1:30 p.m. to 4:00 p.m. for children 18 and under at John F. Kennedy, Northwest, and Rockville high schools. These clinics will be open to any school-aged child.

The clinic services are free, but **registration is required due to limited vaccine supplies.** For more information, visit the [Montgomery County Department of Health and Human Services website](#).

Here are some additional steps that you and your family can take to help prevent the spread of the flu and other seasonal illnesses:

1. Wash your hands often with soap and water, especially after you cough or sneeze, or use alcohol-based hand sanitizer. MCPS-approved hand sanitizer dispensers are available for use at various locations throughout schools (e.g., near the cafeteria or all-purpose room, near the main office).
2. When coughing or sneezing, cover your nose and mouth with your sleeve or a tissue and throw the tissue in the trash.
3. Avoid touching your eyes, nose, or mouth to minimize the chance for infection.
4. Stay home from work and school if symptoms develop such as fever, coughing, sneezing, runny nose, headache, and body aches.
5. If you have concerns about the health of your child, please contact your physician immediately or, in an emergency, dial 911.

Additional flu prevention information can be found at the following websites:

Centers for Disease Control: www.cdc.gov/flu/protect/preventing.htm

Montgomery County: www.montgomerycountymd.gov/resident/flu.html

Clínicas de Vacunación en las Escuelas contra la Gripe Común/de Temporada 2018

Ya está aquí la temporada de gripe 2018. Existen simples medidas que usted y su hijo/a pueden tomar para mantenerse sanos y ayudar a prevenir la gripe. Eso incluye vacunarse contra la gripe todos los años.

El Departamento de Salud y Servicios Humanos del Condado de Montgomery (Montgomery County Department of Health and Human Services) ofrecerá clínicas gratuitas para dispensar vacunas inyectables contra la gripe, el 13 de noviembre, entre la 1:30 p.m. y las 4:00 p.m., para menores de 18 años en las escuelas secundarias John F. Kennedy, Northwest y Rockville. Estas clínicas son para cualquier niño/a en edad escolar.

Los servicios de las clínicas son gratuitos, pero **se requiere inscripción debido a la cantidad limitada de vacunas**. Para más información, consulte el sitio web del [Departamento de Salud y Servicios Humanos del Condado de Montgomery](#).

Aquí ofrecemos algunas medidas adicionales que usted y su familia pueden tomar para ayudar a prevenir la propagación de la gripe y otras enfermedades de temporada:

1. Lávese las manos frecuentemente con agua y jabón, especialmente después de toser o estornudar, o use desinfectante para manos con base de alcohol. Hay dispensadores de desinfectante para manos aprobados por MCPS disponibles para su uso en distintos lugares en todas las escuelas (por ejemplo, cerca de la cafetería o del salón de usos múltiples y cerca de la oficina principal).
2. Al toser o estornudar, cúbrase la boca y la nariz con la parte de adentro del codo o con un pañuelo desechable y descarte el pañuelo en la basura.
3. Evite tocarse los ojos, la nariz o la boca para reducir al máximo las probabilidades de infección.

4. Permanezca en su casa y no vaya a trabajar o a la escuela si presenta síntomas tales como fiebre, tos, estornudo, goteo de la nariz, dolor de cabeza o dolores musculares.
5. Si usted tiene alguna preocupación sobre la salud de su hijo/a, por favor póngase en contacto con su médico de inmediato o, en caso de emergencia, llame al 911.

Se puede encontrar información adicional para la prevención de la gripe en los siguientes sitios web:

Centros de Control de Enfermedades (Centers for Disease Control):

www.cdc.gov/flu/protect/preventing.htm

Condado de Montgomery: www.montgomerycountymd.gov/resident/flu.html

Have a wonderful week!

Respectfully,

AnneMarie Kestner Smith, Ed.D.

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)

Follow me on Twitter @NBMSPrincipal

