



August 27, 2023
North Bethesda Middle School
News and Notes



NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS

August 28th First Day of School

6th grade – Enter by the cafeteria entrance.

7th grade – Enter in the music entrance (top of the bus loop)

8th grade – Enter through the main entrance.

August 31st Back to School Night 6:35 p.m. (More details below)

September 4th Labor Day – Schools and Offices Closed

September 22 Early Release Day for students

September 25 Non-Instructional Day – No school for students or teachers.

Parents, please drop off students in the drop off loop (*entrance on Bradmoor Drive –*

note: Johnson Drive is for buses only)

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

[Link to Dr. Smith's summer mailing](#)

[Arrival Bus Routes](#)

[Departure Bus Routes](#)

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

[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

Greetings North Bethesda Families:

Each week, you will receive an audio message from me at 5:30 p.m. on Sunday evenings. This audio message will include valuable information and a summary of what you can find in the email version of the NBMS News and Notes. By Monday, these will be posted on the NBMS website under Principal News and can be referenced as needed.

We had an energizing pre-service week. The administration and staff are excited to welcome all our students back for another wonderful year at NBMS!

Thank you to the PTSA for a delicious welcome breakfast for staff on Monday, and desserts and sodas for our admin sponsored luncheon on Wednesday. Stacey Singer does an outstanding job with staff hospitality!! Huge shout out to Holly Balshem and our new PTSA president, Eva DeFrancisco, for organizing a fabulous welcome back picnic for our new sixth grade families and new NBMS families last Thursday evening. It was wonderful seeing the students and families coming together as a community!

YELLOW EMERGENCY FORMS

Your child will be bringing home yellow emergency forms on Monday. Please review and make any updates in ParentVUE. You do not need to return the yellow emergency form UNLESS you have had a change of address. Only school staff can enter changes of address. Please update by September 12th. Thank you.

PTSA WELCOME LETTER

Welcome (back) to North Bethesda Middle School! We hope that you are as excited as our families for the new school year. The PTSA has spent time this summer planning, and we are prepared for a great year supporting our students and teachers.

PTSA SUMMER UPDATES

The PTSA has had some shifts in our board since late last spring that we wanted to share with you. Our elected President stepped down at the end of the summer and Eva de Francisco, our VP of Enrichment Activities has graciously stepped up as the new President (in accordance with the bylaws). In addition, our VP of Social Activities also stepped down and Holly Balshem has stepped up in his place as acting VP. We plan to hold votes to officially nominate and approve new/acting board members at the first PTSA meeting of the academic year. Currently, our VP of Academic Enrichment seat is open, so if anyone is interested in the position, please contact our nominating committee, Susannah Nelson at svandre@gmail.com.

JOIN YOUR PTSA!

The PTSA supports NBMS any way we can. We fund or supplement the participation of our students in different enrichment activities like the Spelling Bee competition, the U.N. team, and our teacher-led after-school clubs. Together, we also support the NBMS administration team by organizing inclusive social activities to make sure our students feel part of a strong and caring community.

But to accomplish all our goals, we need your help!

Please volunteer your time, share your ideas with us, and pay your membership fees, as we are funded entirely through direct donations.

Joining is easy and you can click [here](#) to register and join us or verify your household information and renew your membership.

In the coming weeks we will share a full calendar of our meetings and events for the year.

Once we coordinate the date and time with Dr. Smith, we will share details to meet in person in the NBMS library (and zoom info for those joining us online). In our first PTSA meeting, we will focus on introducing ourselves, sharing our priorities as a PTSA, and on the approval of our annual PTSA budget. The budget will be shared the week prior, and if you have questions on the budget, please submit them to our treasurer at treasurer@nbmsptsa.org.

CHROMEBOOKS

Chromebooks will be distributed to 6th grade students and new students through English classes by September 8th. Students will keep their Chromebooks and bring them home each night. Please remind your child to charge their Chromebooks nightly.

BACK TO SCHOOL NIGHT

Back-to-School night is an important night for families to meet and learn relevant information about the school, teachers, and our classrooms. BTSN will be delivered in person. You will be able to Follow your child's schedule and meet their teachers.

- Learn about curriculum and exciting experiences for your child.
- Hear about the school and system's goals and initiatives and the goals of the PTA.
- Join the PTSA
- Hear about field trips (Outdoor Ed/Finance Park) and opportunities to volunteer.

Date: Thursday, August 31, 2023

Time: 6:35 – 8:30 PM

*Please consider carpooling or parking at and walking from Wyngate Elementary School

Optional Sessions:

Optional Family Life and Human Sexuality Parent Meeting

for parents of 7th and 8th grade students ONLY

Room D121 – 5:45 – 6:20 pm

English Language Development (Formerly ESOL) – D115 5:45 – 6:20 pm

Special Education–Main Gym–5:45–6:20 pm

To go green, we are not printing schedules for all students. Please take a digital photo of your child's schedule prior to the evening or access ParentVue.

Period	Time
Homeroom	6:35 – 6:50
1	6:55 – 7:02
2	7:07 – 7:14
3	7:19 – 7:36 Longer block to permit time for Principal and PTSA recorded presentation and period 3 teacher presentation
4	7:41 – 7:48
5	7:53– 8:00
6	8:05 – 8:12
7	8:17 – 8:24

MAP TESTING

The MAP Growth Assessment is a diagnostic assessment designed to inform instruction, recovery, and intervention and account for learning loss, as well as determine the present performance levels of students on literacy and math standards. North Bethesda will administer the Measures of Academic Progress (MAP) assessment. **This year we will be administering MAP-R and MAP-M through English and Math classes. We will follow a special block schedule** (see below for specific testing dates). On the day of testing, we will operate a block schedule. Here is a [link](#) to the NWEA family toolkit site to learn more about MAP.

Students who miss or need additional time to complete their test will be notified by either their math or English teacher with make-up dates and times. A student may be pulled from classes to complete this required assessment.

This test will not affect grades.

Outlined below is the testing schedule for the Fall administration of the MAP diagnostic tests for North Bethesda Middle School:

Assessment	Testing Dates/Times	Purpose
MAP Growth Assessment – Reading 6+	Monday, September 18 th and Tuesday, September 19 th	Diagnostic Assessment for reading for students in grades 6–8
MAP Growth Assessment – Math 6+	Wednesday, September 20 th and Thursday, September 21 st	Diagnostic Assessment for math for students in grades 6–8

Below you will find tips for your child for preparing for the test:

Prior To Test Day	On Test Day
<ul style="list-style-type: none"> • Make sure your child’s Chromebook is charged and ready for testing. • Encourage your student to get plenty of rest 	<ul style="list-style-type: none"> • Make sure your child brings their Chromebook to school

MS. RICE’S COUNSELING UPDATE

We're going "back, back, back to school." Just dropping a line from one of my childhood favorites, *Grease 2*, as it captures this time of year so perfectly. If you're thinking, "Wait, I read this last year," yes you did. I watched *Grease* yearly (more like weekly) too. We have to say goodbye to the romance of summer and buckle back in for the school year routine. It's very normal to be both excited and sad to return to school (as well as nervous). Typically, students look forward to seeing friends they have not seen in a while, but rarely is anyone looking forward to homework. I will admit that I'm never ready to return to the hustle and bustle of packing lunches and how early the alarm clock chimes. Alas, it is happening!

One of the best things we can do to make the transition easier is re-establish routine from day one. Talking about feelings surrounding the transition is also helpful as it normalizes that it's okay to be, or not be, ready for this year, that things may be hard or feel different. Here are some tips for getting into the flow...

- Get back into a routine – have set bedtimes and wake times that allow your child to get the sleep they need.
- Pack up that backpack and pick out clothes the night before so things are ready to go in the morning.
- If you are not eating school lunch, pack lunch the night before so it's ready to go in the morning (forgetting your lunch is no fun and eating regularly helps combat fatigue, anxiety, hunger, and all sorts of other stuff)
- Check in with your child – ask them how they are feeling about being back in school, normalize and validate any feelings they may be having.
- Get outside in the fresh air – no need to give this up just because school started.
- Make time for regular exercise – a walk, run, bike ride, yoga class, soccer practice or even cleaning house all improve our mood.
- Keep some strategies in your back pocket to pull out when you need some calm – [Belly Breathing](#), [Left Nostril Breathing](#), [Alternate Nostril Breathing](#) (my favorite), and [5-4-3-2-1 Grounding](#) are all great strategies

If there is a topic you would like to hear more about, please [reach out](#) and let me know.

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: August 28th topic is "Back to School," [register in advance for zoom link](#)
- PEP Parenting: [Creating Healthy Sleep Habits with Tweens and Teens](#) – live webinar, September 14th from 8:00–9:00pm, \$25
- [Chesapeake Center](#) has Fall Groups open. To learn more, click on the links:
 - [Academic Success for Students with ADHD](#) beginning October 11th.

- o [Parenting Kids with ADHD](#) begins October 3rd.
- o [Middle School Social Skills Group](#) begins September 25th.
- [Resnik & Associates](#) has space in a **7th & 8th Grade Skills Group** focusing on emotional regulation, executive functioning, social skills, self-esteem, assertiveness, and conflict resolution. Group will begin after Labor Day. For more information, contact [Marvie Corbett](#), LCSW-C.

[MONTGOMERY COUNTY PUBLIC SCHOOLS ANNUAL NOTIFICATION OF ASBESTOS MANAGEMENT PLAN AVAILABILITY 2023-2024 School Year](#)

[NORTH BETHESDA MS COMMUNITY LETTER REGARDING DRINKING WATER 2023](#)

[NORTH BETHESDA DRINKING WATER TEST REPORT](#)

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.

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.

BUSES

[Arrival Bus Routes](#)

[Departure Bus Routes](#)

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

Directory Information:

Schools provide directory information for public listings such as honor roll, awards, and other notices in the newspaper or on the Montgomery County Public Schools (MCPS) website. A student's name, address, and telephone number may also be released to organizations of any combination of parents/guardians, teachers, and students at this school. **Unless you tell them not to**, schools can release the information without your prior consent.

If you do not want your school to release your directory information, complete the form linked [here](#) and **return to school by September 11, 2023**. Additional copies of this notice can be found on the [MCPS website](#), and are available in Spanish, French, Vietnamese, Chinese, Korean, Amharic, and Portuguese. **This form must be completed every year**. Your school will assume you agree to the release of the directory information, unless this form is **returned by Friday, September 11, 2023**

If you want to continue to keep your child's information available, you **"DO NOT"** need to complete this form.

If you need to change your decision later, just contact your school directly. If you enroll after September 11, 2023, you can complete this form at the time of enrollment.

INFORMATION FROM THE DIVISION OF FOOD AND NUTRITIONAL SERVICES

The first few days of school students will sit with homerooms as we review processes and expectations for the cafeteria. Please encourage your students to be personally responsible in cleaning up after themselves and maintaining respectful behavior in the cafeteria.

Students in Maryland who qualify for reduced-price meals will not be charged for meals.

Meal Prices

- Breakfast: Regular Price (All Levels): \$1.30; Reduced Price (All Levels): No Cost
- Lunch: \$2.80 (Middle and High); Reduced Price (All Levels): No Cost

Students may qualify for free or reduced-price meals based on household size and income. They may also qualify if they are receiving Supplemental Nutrition Assistance Program (SNAP), Temporary Cash Assistance (TCA), or Medicaid benefits. Families may apply for meal benefits by completing an Application for Free and Reduced-Price Meals for the current school year.

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.

Read more about Food and Nutritional Services here:

<https://www.montgomeryschoolsmd.org/departments/food-and-nutrition/>

PEST MANAGEMENT

The Integrated Pest Management (IPM) program uses regular inspections to prevent pest damage. IPM staff identifies and correct conditions that encourage pests by reducing food, water, and shelter for pests, and by eliminating unnecessary pesticide applications. This integrated approach results in the most economical long-term solution with the least possible hazard to people, property, and the environment. More information about the IPM program can be found in [MCPS Regulation ECF-RB, Pesticides Use in Schools](#).

SATURDAY SCHOOL

Saturday School provides academic tutoring and instruction with certified teachers in a nurturing and supportive environment. The program is aligned with the Montgomery County Public School (MCPS) curriculum.

This support is offered every Saturday on the dates and times below.

MCPS students Grades K through 12 may attend after registering for Saturday School for \$85 per year (\$40 for students who receive FARMS). Please review the link for more information. Please see the attached flyers!

SCHOOL MAP

Click [here](#) for a map of the school!

[MCPS Calendar](#)

The Code of Conduct and Student Rights and Responsibilities will be shared next week. We are awaiting the system sharing the final publications for the 2023–2024 school year.

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

STUDENT SERVICE LEARNING (SSL)

[NBMS Student Service Learning \(SSL\) Website](#)

Student Service Learning (SSL) Verification forms from the summer are due to Ms. Jurewicz by **September 29, 2023**. Students may turn in completely filled-out hard copy SSL Verification forms to the NBMS Counseling Office or email a picture of the completely filled-out SSL Verification form to Ms. Jurewicz. You can reach Ms. Jurewicz via email at Carla.A.Jurewicz@mcpsmd.net. Students should keep an electronic copy or hard copy of their SSL Verification form(s). Incomplete SSL Verification forms will NOT be processed.

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>
--	--

If you have any questions, after reviewing the 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](#)

Follow me on X @NBMSPrincipal