



*September 3, 2023
North Bethesda Middle School
News and Notes*



NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS

September 4th Labor Day – Schools and Offices Closed

September 5th Regular Schedule Period 3 Phoenix Time

September 6th Regular Schedule Period 4 Phoenix Time

September 7th Regular Schedule Period 5 Phoenix Time

September 8th Regular Schedule Period 6 Phoenix Time

September 12th First PTSA Meeting – HYBRID 7PM

The meeting is hybrid. The meeting will be on Zoom, but you are welcome to come in person to the NBMS Media Center. More details to come!

September 15th Coffee with the Counselors

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](mailto: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/QUARTERLY VOCABULARY UPDATES](#)

Please click on this [link](#) to go to the NBMS webpage where you can find the weekly grade level updates. The grade level updates can be found under the Academics tab on our school webpage. The first weekly updates will be published starting 9/11/2023.

Greetings North Bethesda Families:

We had a fabulous first week and it was wonderful to see so many families at Back-to-School Night Thursday evening. Approximately six hundred parents/caregivers attended! I hope it was an enjoyable and informative evening for you (despite the parking!). If you were unable to attend or would like to review your child's teachers' slides/presentations, they can be found organized by department at this [link](#). Also, we welcome feedback. If you can, take a couple of minutes to fill out [this short survey](#), we are always looking for ways to improve our BTSN experience.

AGENDA BOOKS

Students received their agenda books through Period 2 Phoenix Time on Friday, 9/1/2023. Please review [these slides](#) to gain an understanding of how your student can use their agenda book.

ATHLETICS

Registration for Co-Ed X-C Running, Boys Softball, and Girls Softball is now open until Monday, September 11th. Tryout dates for those sports are September 12, 13, 14 after school from 3:10-4:30.

Please see the following slides about athletics:

<https://docs.google.com/presentation/d/1zd4pKcdavhtsbJxQhMOSNrNVLZX6Ulwy4fiMwcKVp34/edit?usp=sharing>

Complete the SR8 form (doctors physical) with your child's provider and then upload it to ParentVue when registering for fall sports. If you register first and submit without the SR8 form, you cannot go back and upload later. Please complete the physical first before registering. Mr. Gibbons will send a confirmation email within 48 hours after registering.

Barry_Gibbons@mcpsmd.org

SR8 form - [Click here](#)

ParentVue Athletics Registration - [click here](#)

COFFEE WITH THE COUNSELORS

Join the NBMS Counseling Department for "Coffee with the Counselors" this Friday, September 15th at 9:00am. Savor every last drop in good company and learn about the counseling program at NBMS. We look forward to sharing what we do and learning how we can support you this year. See you on [Zoom](#)!

Topic: Coffee with the Counselors 9.15.2023
Time: Sep 15, 2023, 09:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://mcpsmd.zoom.us/j/82034198376?pwd=ZmxTQjVjZ3ZrbVJUVUhsSRkgzYWZYQT09>

Meeting ID: 820 3419 8376

Passcode: NBMS

One tap mobile

+13017158592,82034198376# US (Washington DC)

+16469313860,82034198376# US

Dial by your location

- +1 301 715 8592 US (Washington DC)
- +1 646 931 3860 US
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)

Meeting ID: 820 3419 8376

Find your local number: <https://mcpsmd.zoom.us/j/kdEr19FNQM>

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>

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 |

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.

PTSA

As you may have heard last night in the message from your PTSA president, our goal this year is to provide our students with opportunities to connect. Your PTSA is excited to offer not one, but TWO social events for each grade level!

Please add these dates to your calendar and [join](#) the PTSA. Your contributions will help to fund these events that are an important part of our kids' middle school experiences. If you would like to lead or be on a committee to help plan these events, please reach out by email to activities@nbms.org. We can't do it without your support:)

- Ice Skate Night at Cabin John – Evening – Saturday, October 7
- 6th Grade Social – Evening – Friday, October 13
- 7th Grade Social– Evening, Friday, Nov 10
- Parent Social – Evening – Monday, January 8, Location tbd
- 8th Grade Social– Evening, Friday January 19
- 7th Grade Social – Evening – Friday, Feb 23
- March Madness Basketball Tournament at Walter Johnson, Friday, March TBD
- 6th Grade Social– Friday April 19
- Cupcake Wars – Evening – Thursday, May 16
- 8th Grade Dance or Event – Evening – Friday, May 31
- Cupcake Wars – Evening – Thursday, May 16
- 8th Grade End of Year Dance or Event – Evening – Friday, May 31

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.

MS. RICE'S COUNSELING UPDATE

It's week two and maybe it's sunk in that school is really here and we are going to do this thing. Well, as long as school is really here, we should do it right. Let's talk about getting organized and tips for a great year at North Bethesda! Organization seems to be a struggle for many middle

schoolers! It is especially noticeable at the start of sixth grade when students are figuring out how to juggle seven classes, seven teachers, and seven sets of class assignments. We give every student a handbook/planner so they can keep track of everything in one place, but here are some additional tips to staying organized for middle school.

- With a lot of work being done on a Chromebook these days, there is no need for a big old 3” binder. It’s better to have a couple of smaller binders (one for before lunch and one for after). Lots of people even love the zipper binders with an arm strap.
- Put some dividers in the notebooks and keep them in class order.
- Encourage your students to use their agenda book.
- Does homework get lost a lot? How about work that needs to be turned in? Consider creating a folder at the front of each binder for assignments to go home and to turn in at school. Label the pocket on the left “Home” and the pocket on the right “School.”
- Talk to your child about how often he/she stops at his/her locker. Ideally, they should only be visiting their lockers four times a day: upon arrival at school, before lunch, after lunch, and at the end of the day. If a class is far away around the lunch hour, many teachers will make a plan to drop off books early – just ask!
- Establish a homework space at home. Make sure it has good lighting and a comfortable seat (but not the couch or bed). There should be a good Wi-Fi signal, an electrical outlet for charging, paper, pencils, calculator, a water bottle, etc. This should not be the bed, couch, bean bag, or other soft cozy sleep signaling seat.
- Make a rule that homework gets done the day it is assigned and is turned in virtually or put back in binder/backpack as soon as it is finished. This reduces missing things due to procrastination or distraction.
- Encourage your child to use his/her daily planner to write down assignments and use the combined calendar in Canvas as a back up to check due dates.
- Check Parent/StudentVUE weekly to stay up to date on missing assignments, quizzes, and tests.

As you begin to navigate this new school year, remember that the school staff are a great support. If you have a question about something going on in the classroom, reach out to the teacher first. If you have a question about an IEP or 504 Plan, reach out to the case manager. If your question is general, you might find the answer on the NBMS website. Ms. Woods, our Media Specialist, will take you on a [tour of the NBMS Website](#) so you know where to find what you’re looking for. The [Counseling website](#) is also a great resource for you as you navigate the waters of puberty and middle school, as well as this weekly Counseling Update. Happy organizing!

Ms. Rice

Webinars, Seminars, Announcements, and things...

- Have your morning **Coffee with the Counselors** on Friday. Join us to learn about the counseling program at NBMS. September 15th at 9:00am on [Zoom](#).
- 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: *no meeting on Labor Day*** [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.
 - [Parenting Kids with ADHD](#) begins October 3rd.
 - [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.
- Center for Adoption Support & Education (CASE) is hosting a [Parents of Teens Virtual Support Group](#) for adoptive and foster parents of teenagers looking to make connections and build a network of support. Six sessions beginnings September 20th from 6:00–7:30pm

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 rolls, 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

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/>

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.

SCHOOL MAP

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

[MCPS Calendar](#)

The Code of Conduct and Student Rights and Responsibilities will be shared soon.. 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