



September 10, 2023
North Bethesda Middle School
News and Notes



NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS

Monday, September 11 Regular Schedule Phoenix Time (PT) Pd 7

Tuesday, September 12 Regular Schedule PT Pd 1

PTSA meeting Hybrid 7PM (Details below)

Wednesday, September 13 Regular Schedule PT Pd 1 Social Emotional Lesson (SEL) on Coping with Change

Thursday, September 14 Regular Schedule PT Pd 2

Friday, September 15 Regular Schedule PT Pd 3

COFFEE WITH THE COUNSELORS (More details below)

Upcoming dates

9/22 Early Release

9/25 Non-Instructional Day – No School for teachers and students.

10/2 OPEN HOUSE – MORE DETAILS TO COME

10/6 PICTURE DAY (Change of date – previously 10/2)

10/9 Professional Learning Day for Staff – No school for students

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.

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.

Greetings North Bethesda Families:

It was another great week at North Bethesda Middle School. On Wednesday, MCPS Member of the Board, Julie Yang, came for visit and was impressed with our school, the instruction she saw going on in classrooms, and the students' friendly demeanor and good behavior.

If you missed the opportunity to visit NBMS at Back-to-School night, we have another opportunity for you. North Bethesda will be open to parents/caregivers on Monday, October 2nd. (More details to come next week).

UPDATED MCPS STUDENT HANDBOOKS

Updated online versions of *A Student's Guide to Rights and Responsibilities*, the *Student Code of Conduct in MCPS*, and *Guidelines for Student Gender Identity* are available on the [MCPS website](#).

PTSA MEETING

Our first PTSA meeting of the year will be **Tuesday September 12th at 7:00pm!** We hope you can make it.

This PTSA meeting is hybrid. You can either come to the NBMS Media Center or log into Zoom using the Zoom info below.

Agenda:

- | | |
|--|---------------------|
| • News from the Principal | Dr. AnneMarie Smith |
| • President: Welcome and Overview | Eva de Francisco |
| • Secretary: Nomination and Election | Regan Kelly |
| • Treasurer: Budget Approval | Cassie Moore |
| • VP Social Activities: Planned Events | Holly Balshem |
| • VP Student Enrichment: Plans for 23-24 | Eva de Francisco |
| • VP Membership: Status | Paula Urbano |
| • VP Communication: | Müge Karagöz |

The NBMS PTSA is inviting you to a scheduled Zoom meeting.

Topic: PTSA Meeting

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://mcpsmd.zoom.us/j/83480369881?pwd=cWRPY3NyMENqTGZ0Y2x6Z05WQzBFdz09>

Meeting ID: 834 8036 9881

Passcode: 289810

PTSA SPONSORED ENRICHMENT ACTIVITIES (FEE BASED)

Beginner Hip Hop– Thursdays

- Grades Accepted: 6th–8th Grade.
- Time: 3:15–4:15 PM
- Tuition Price: \$275.00 (for 10 weeks/10–class meetings)
- Course Dates: 10/5 – 12/14
- No Class On: 11/23
- Link to register: [North Bethesda Hip Hop – Fall 2023 | Tommie Shaw & Company](#)

HIP HOP COURSE DESCRIPTION

Hip Hop is a high–energy dance form that uses the latest sounds in rap, R&B, and pop music, and is perfect for children who love to move! This fun–filled course immerses students in all aspects of motion, developing their balance, coordination, and strength, as well as promoting creativity, teamwork, and self–esteem. We use child–friendly music in all our Hip Hop courses, and all movement is age–appropriate. As always, all Hip–Hop classes this session will feature new music and choreography. Parents are invited to join us on the last day of the course for a Parent’s Day performance.

Beginner ASL (American Sign Language) – Wednesdays

- Grades Accepted: 6th–8th Grades.
- Time: 3:15–4:15 PM
- Tuition Price: \$275.00 (for 10–weeks/10–class meetings)
- Course Dates: 10/4 – 12/20
- No Class On: 11/1 & 11/22
- Link to register:
- <https://tommieshaw.com/events/north-bethesda-asl-fall-2023>

Beginner ASL Course Description

Explore a new world of communication by learning American Sign Language (ASL)! ASL is the fourth most used language in the U.S. and learning ASL can open new lines of communication between hearing and hearing impaired, individuals. Additionally, studies have shown that learning the ASL signs for letters and words can help children with spelling and vocabulary skills. In our Beginner ASL course, students will learn the signs for the alphabet, numbers, and basic vocabulary terms and sentences, in a fun & friendly environment. Parents are invited to join us on the last day of the course for a Parent's Day demonstration.

EXTRACURRICULAR ACTIVITIES

Click [here](#) to review extracurricular activities 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

IMPORTANT REMINDER FOR ALL PARENTS FROM THE SCHOOL OFFICE:

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.

We want to accommodate all requests. However, it can be difficult to get messages 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 getting kids out early. 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 then gets 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!

You don't wait, the student is confident that s/he will be retrieved in a timely manner, and the classroom and teacher are not interrupted during their lessons.

So, it is recommended that you consider employing a similar strategy to help your students remember after school schedules – write a note and put it in or on the Student Handbook. It's an opportunity for the student to get a quick reminder and have some correspondence from mom, dad, or caregiver during the day – a little pick-me-up!

Thank you,

Main Office Staff

Ms. Rice's COUNSELING UPDATE

As parents, we hope that our children will be accountable for their actions. We want them to take responsibility for their choices, whether good or bad. We want them to make good choices, but we really can't tell them what to do. We have to guide them through modeling and conversation and hope they choose wisely.

In middle school, children become "tween"agers and eventually teenagers and there is a shift from the nuclear family being the most influential to friends holding more and more sway. It's tough to find that your influence isn't the biggest anymore and no doubt your child/tween/teen will make some choices that aren't what you would have hoped for. The most important thing we can do is maintain open communication, be positive, and let our children learn from their own positive and negative experiences. Here are some ways to help your child learn accountability.

- Demonstrate personal responsibility – any value you want your teen to have, you can demonstrate that. If you want them to be accountable for their actions, you should be accountable for yours. Avoid blaming. Follow rules. Accept the consequences if you break the rules. If you make a mistake, admit it, apologize, make amends.
- Create a culture of accountability in your home. No one should be allowed to change the rules to fit their needs. Everyone in the house should be required to take responsibility for their actions.
- Establish boundaries – have set rules and clear expectations. If your teen breaks the rule, follow through with a consequence. Don't give up or give in because they whine, get angry or promise to behave. Following through is what makes the change. (Make sure you can handle the consequences that you give so you can follow through. If you say you're taking the phone – take the phone.)
- Be involved in their life. Establish open communication and then find out about their interests. Show your support and that you value them. This will make them more likely to want to please you or work with you.
- Don't be overinvolved. Let them work things out on their own. Keep an eye on their social media accounts from a distance, but don't question everything they say and do. Let them email their own teachers with questions and you be their backup support.
- Don't be so quick to toss out the life raft. It's so painful for parents to watch their children go through difficult things, but our children need to learn what they are capable of. We can support them without rescuing them and let them go through the learning process. After all, we'd rather them learn now in the safety of home than later out on their own.
- Allow natural consequences. This is the best parenting you can offer and often the best way to learn accountability. If your child doesn't do a big project, don't do it for them. Let them learn to be responsible for the good and the bad decisions they make.
- Never underestimate a compliment – praise them for making responsible choices but don't shame them for making poor decisions.

Good luck and be well,

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:** *September 11th topic – Differences in the Family: Focus on Parents; September 18th – Differences in the Family: Focus on Siblings; [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

- Caring Matters free online workshop series: *Parenting While Grieving: Supporting A Child Grieving the Death of a Parent*. A 7-week series Wednesday evenings from 7:00–8:30pm beginning October 4th. Registration closes September 25th. Contact [Mabilia Rastello](#) for information and registration.
- [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

ATHLETICS

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

Please see the [linked](#) slides about athletics:

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](#)

BACK TO SCHOOL NIGHT

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.

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

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.

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.

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