



*September 17, 2023*  
*North Bethesda Middle School*  
*News and Notes*



## NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS

Monday, September 18 Special Schedule for MAP R 1, 3, 5, 7 Block Schedule No Phoenix Time

Tuesday, September 19 Special Schedule for MAP R 1, 2, 4, 6 Block Schedule No Phoenix Time

Wednesday, September 20 Special Schedule for MAP M 1, 3, 5, 7 Block Schedule No Phoenix Time

Thursday, September 21 Special Schedule for MAP M 1, 2, 4, 6 Block Schedule No Phoenix Time

Friday, September 22 Early Release Day Schedule Fire Emergency Drills during Period 3

## BLOCK SCHEDULE

Upcoming dates

9/23 Kensington 8k

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](mailto:Katherine_B_Rudd@mcpsmd.org)

Grade 7 [tirza\\_carmichaelcollins@mcpsmd.org](mailto:tirza_carmichaelcollins@mcpsmd.org)

Grade 8 [Daniel\\_E\\_Werbeck@mcpsmd.org](mailto:Daniel_E_Werbeck@mcpsmd.org)

Principal [Annemarie\\_e\\_smith@mcpsmd.org](mailto: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.

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

## MCPS Calendar

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

## Dear North Bethesda Families:

Thank you to the counselors for a well-attended virtual “Coffee with the Counselors.” If you’d like to learn more about the NBMS counseling department, please click the link below to watch the recording.

[Coffee with the Counselors 9.15.2023](#)

## OPEN HOUSE

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 2<sup>nd</sup>. (See grade level schedule bellow)

- If able to join, please plan to visit as few or as many of your student’s classes that day to get a glimpse into their school experience. We are requesting that visitors to classes refrain from using technology and/or taking pictures. Please silence your devices and try to follow our school policy of devices being off and out of sight:)
- Please come with your students’ schedule. The event may be standing room only in some of our larger classes.
- Due to space concerns in each classroom, we kindly request that only one parent/guardian/caregiver attend per student.
- Consider prioritizing one to three classes in order to avoid overcrowding.
- If possible, please pre-register using [this link](#) so that we may make visitor labels for you ahead of time. If you do not pre-register, please bring your license so you can check in using the Visitor Management system.
- If you plan on attending, please enter by the main entrance to check in on Monday, October 2<sup>nd</sup>.
- Please be aware that due to our large student population and space limitations in our cafeteria, we regret we do not have the ability to accommodate parents during the grade level lunches.
- We would prefer that the students stay at school and do not go to lunch with parents or caregivers because of the logistical challenges in the main office with that many students leaving the school.

We appreciate your continued support and involvement in NBMS through volunteer opportunities through the PTSA and school, and we look forward to welcoming you to this opportunity to see your students’ lived experience at NBMS.

## MATH CURRICULUM OVERVIEW

Please click [here](#) if you would like to learn more about the secondary Mathematics Curriculum and Instruction Overview for MCPS.

## 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 <sup>th</sup> and Tuesday, September 19 <sup>th</sup>	Diagnostic Assessment for reading for students in grades 6–8
MAP Growth Assessment – Math 6+	Wednesday, September 20 <sup>th</sup> and Thursday, September 21 <sup>st</sup>	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"> <li>• Make sure your child’s Chromebook is charged and ready for testing.</li> <li>• Encourage your student to get plenty of rest</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure your child brings their Chromebook to school</li> </ul>

## FEEDBACK ON MCPS CALENDAR FOR the 2024–2025 school year.

MCPS is seeking input about the 2024–2025 school year calendar! Please take a moment to complete the [MCPS School Calendar 2024–2025 Feedback](#). Your input will be used to select the first and last day of school, as well as other important dates for the coming school year.

## MS. RICE'S COUNSELING UPDATE

All around us things are changing; people are changing, the weather is changing, we ourselves are changing. Each day brings new experiences and challenges and growth that leads to change. The start of the school year is naturally a time of change as we leave behind the long days of sun, sand, camp friends, travel, no homework, and late bedtimes. We experience this change anew each year, but in middle school it comes coupled with changes in hormones, peer groups and expectations.

Change means a lack of certainty and predictability. I'm sure you know someone who thrives on unpredictability, but most of us like to know what is coming next. Change is necessary for growth, but the unknown is often very scary. During our first SEL (social emotional learning) lesson of the school year, students were asked to think about change. Students were asked to think about small changes vs. major changes and were given coping strategies like talking about their feelings, asking for adult support, focusing on the possibilities. Students also completed a "bubble of control" where they thought about what was in their control and out of their control.

Maybe you see your child struggling with changes currently. Here are some tips to support your child through change in a healthy way, now or in the future.

- Acknowledge the change. Often our initial response is to avoid, deny or fight change, but while change is out of our control, we can control our response and acknowledgement will help us navigate change better.
- Control what you can. Keep areas of your life you can control predictable, like how your bedroom is organized or walking the dog daily.
- Identify fears. It's important to talk through the fears and what-ifs related to change because when they are silenced, they grow. Discuss the worst-case scenario so it's on the table and recognized. Sometimes it's not actually so bad.
- Find humor in the situation. Humor is a very cathartic way to handle tough things. Laughter increases all the feel-good hormones and lowers stress.
- Focus on the possibilities and the positives. Yes, things are different, but what positive things could this change bring? Optimism is key! Help point out the positives you see as a parent.
- Provide your child with the tools to try new things within safe boundaries. Know your values and what you believe in and guide your child to figure out theirs.
- Be a good role model to your child for dealing with change.

- Ask for help. It's okay to talk to someone, even a professional, if you're struggling with change.
- Always remember to take care of yourself. Eat well and prioritize sleep, exercise, and relaxation time to support mental and physical well-being and you will weather change better.

Whether the change is physical, emotional, or hormonal, keep in mind that your school counselor is here to help. The [NBMS Counseling webpage](#) also has great resources, especially about the changes related to puberty!

Be well,  
Ashley

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: *September 18th – Differences in the Family: Focus on Siblings*; [register in advance for zoom link](#)
- 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 beginning September 20th from 6:00–7:30pm
- Caring Matters free online workshop series: *Parenting While Grieving: Supporting A Child Grieving the Death of a Parent*. 7-week series Wednesday evenings from 7:00–8:30pm beginning October 4th. Registration closes September 25th. Contact [Mabilia Rastello](#) for information and registration.
- [MCPS Parent Academy webinars](#):
  - Parenting Strategies for Managing Behaviors – September 27th, 6:00pm
  - From Flunking to Functioning – September 28th 6:00–7:00pm
- [The Counseling Center](#) is offering a PEERS Social Skills Group beginning October 4th. Adolescents ages 11–18 will work on developing and maintaining friendships, handling disagreements, teasing and bullying, and more in this 16-week group.
- [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 a new Virtual Stress Management group for Parents beginning October 17th @ 12:00pm. For more information, email [Dr.Singer](#).
- [MCPS Girls' Summit](#) – October 21st from 9:00–1:00pm at Clarksburg HS, informative workshops on healthy relationships, social media use, self-esteem, body image and much more geared towards middle and high school girls. [RSVP](#)

## PTSA SPIRITWEAR STORE

Please click on [this link](#) if you are interested in ordering.

## PTSA Enrichment ACTIVITIES (FEE BASED)

### Beginner Hip Hop– Thursdays

- Grades Accepted: 6<sup>th</sup>–8<sup>th</sup> 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: 6<sup>th</sup>–8<sup>th</sup> 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 9<sup>th</sup>
- No buses are scheduled for Halloween, 10/31

## SIXTH GRADE OUTDOOR EDUCATION

In the spring NBMS 6<sup>th</sup> 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>

## 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](mailto:marybeth_turska@mcpsmd.org) in the counseling office or ask our main office staff.

## MCPS INFORMATION

ENGLISH	SPANISH
<p><b>COVID-19 Outbreak Measures and Vaccine News</b></p> <p>As new cases of COVID-19 increase locally, we have seen outbreaks occurring in multiple schools across the county. Temporary outbreak precautions for individual classrooms where COVID-19 is spreading rapidly helps prevent spread to vulnerable individuals and to the rest of school. Check out the <a href="#">FAQ</a> page for more information about how outbreaks are managed. The <a href="#">newly approved COVID-19 updated vaccine</a> will be available in our area in the next few weeks. For information about</p>	<p><b>Información sobre las medidas para los brotes de COVID-19</b></p> <p>A medida que aumentan los nuevos casos de COVID-19 a nivel local, hemos visto brotes en varias escuelas de todo el condado. Las precauciones temporales contra los brotes para las aulas individuales donde el COVID-19 se está propagando rápidamente ayudan a prevenir la propagación a personas vulnerables y al resto de la escuela. Consulte la página de</p>

<p>COVID-19, influenza and RSV vaccine availability, refer to <a href="https://www.vaccines.gov">Vaccines.Gov</a>.</p>	<p><a href="#">preguntas frecuentes</a> para obtener más información sobre cómo se gestionan los brotes. La <a href="#">vacuna actualizada contra el COVID-19 recientemente aprobada</a> estará disponible en nuestra área en las próximas semanas. Para obtener información sobre la disponibilidad de las vacunas contra el COVID-19, la influenza y el VSR (o RSV, por sus siglas en inglés), consulte <a href="https://www.vaccines.gov">Vaccines.gov</a>.</p>
<p><b>MCPS to Host Girls' Summit</b></p> <p>The district is inviting all MCPS families to the Girls' Summit on Saturday, Oct. 21 at Clarksburg High School. This event will provide informative workshops geared towards middle and high school girls on a variety of current topics. Join us for a chance to network, participate in fun activities, learn valuable skills, and enjoy a fashion show presented by White House Black Market celebrating diverse body types!</p> <p>Sessions will be provided in English and Spanish, and will be organized by grade level. Student Service Learning (SSL) hours will be available for students. Topics and activities will include:</p> <ul style="list-style-type: none"> <li>• Healthy relationships/dating violence</li> <li>• Social media use and mental health, including cyberbullying.</li> <li>• Self-esteem</li> <li>• Identifying symptoms of depression and anxiety</li> <li>• Healthy eating and body image</li> <li>• Music therapy, Zumba and Kaiser</li> <li>• Permanente spin bikes for art therapy</li> </ul>	<p><b>MCPS será anfitrión de la Cumbre de las Jóvenes</b></p> <p>El distrito invita a todas las familias de MCPS a la Cumbre de las Jóvenes el sábado, 21 de octubre en la Escuela Secundaria Clarksburg. Este evento proporcionará talleres informativos dirigidos a jóvenes de las escuelas intermedia y secundaria sobre una variedad de temas actuales. ¡Acompáñenos para tener la oportunidad de establecer contactos, participar en actividades divertidas, aprender habilidades valiosas y disfrutar de un desfile de moda presentado por White House Black Market que celebra diversos tipos de cuerpo!</p> <p>Las sesiones se darán en inglés y en español y estarán organizadas por nivel de grado. Horas de Aprendizaje mediante el servicio estudiantil (SSL, por sus siglas en inglés) estarán disponibles para los estudiantes. Los temas y las actividades incluirán:</p> <ul style="list-style-type: none"> <li>• Relaciones sanas/violencia en el noviazgo</li> <li>• Uso de las redes sociales y la salud mental, incluido el ciberacoso</li> <li>• Autoestima</li> </ul>



<ul style="list-style-type: none"> <li>Narcan kits will be distributed, and training will also be available.</li> </ul> <p><a href="#">RSVP</a></p>	<ul style="list-style-type: none"> <li>Identificar los síntomas de la depresión y la ansiedad</li> <li>Comer saludable y la imagen corporal</li> <li>Terapia de música, Zumba y bicicletas estáticas para terapia de arte</li> <li>Se distribuirán kits de Narcan y también habrá capacitación disponible.</li> </ul> <p><a href="#">Confirme su asistencia</a></p>
<p><b>Share Your Feedback on the 2024–2025 School Year Calendar</b></p> <p>MCPS is seeking the community’s feedback as it works to finalize the 2024–2025 school calendar. Please <a href="#">complete this survey</a> to share your input.</p> <p>Your feedback represents an important component of the development process. MCPS will consider educational interests, operational needs, mandated school closures by state law, compliance with minimum instructional days and credit hour requirements, inclement weather and other emergencies, staff professional days and early release days, alignment with assessment schedules and more.</p> <p><a href="#">Take the survey</a></p>	<p><b>Comparta sus comentarios sobre el calendario del ciclo escolar 2024–2025</b></p> <p>MCPS busca los comentarios de la comunidad a medida que finaliza el calendario escolar 2024–2025. Por favor <a href="#">complete esta encuesta</a> para compartir sus comentarios.</p> <p>Sus comentarios representan un componente importante del proceso de desarrollo. MCPS considerará los intereses educativos, las necesidades operativas, los cierres de escuelas obligatorios por ley estatal, el cumplimiento de los días mínimos de instrucción y los requisitos de horas de crédito, las inclemencias del tiempo y otras emergencias, los días profesionales del personal y los días de salida temprana, la alineación con los cronogramas de evaluaciones y más.</p> <p><a href="#">Complete la encuesta.</a></p> <p>La encuesta en otros idiomas:</p> <p><a href="#">Calendario escolar de MCPS 2024–2025</a></p> <p><a href="#">MCPS 校歷 2024 – 2025 年反饋</a></p> <p><a href="#">MCPS 학교 일정 2024 – 2025 피드백</a></p> <p><a href="#">Calendrier scolaire de MCPS 2024–2025</a></p> <p><a href="#">Calendário Escolar MCPS 2024 – 2025</a></p>

	<p><a href="#">Phản hồi về Lịch học MCPS 2024 – 2025</a>  <a href="#">የMCPS ትምህርት ቤት የቀን መቁጠሪያ 2024 – 2025 ግብረመልስ</a></p>
<p><b>Earn SSL Hours and Fulfill Graduation Requirement</b></p> <p>All Montgomery County Public Schools students must earn 75 Student Service Learning (SSL) hours to graduate from high school. Middle school and high school students should continue earning SSL hours towards this state graduation requirement by engaging in SSL opportunities during the 2023–2024 school year, including traditional in-person opportunities and select virtual/remote opportunities that follow the SSL guidelines posted on the <a href="#">MCPS SSL webpage</a></p>	<p><b>Obtenga horas de SSL y cumpla con los requisitos de graduación</b></p> <p>Todos los estudiantes de las Escuelas Públicas del Condado de Montgomery deben obtener 75 horas de Aprendizaje mediante Servicio Estudiantil (SSL, por sus siglas en inglés) para graduarse de la escuela secundaria. Los estudiantes de escuela intermedia y secundaria deben continuar obteniendo horas SSL para este requisito de graduación estatal participando en oportunidades de SSL durante el ciclo escolar 2023–2024, incluidas oportunidades tradicionales en persona y oportunidades selectas virtuales/remotas que siguen las pautas de SSL publicadas en la <a href="#">página web de SSL de MCPS</a>.</p>
<p><b>Register and Verify Your ParentVue Information</b></p> <p>The Annual Verification process allows families to update contact information, collect important information about you and your student, including any medical, immunization, language preferences, and emergency information that school staff need to know. MCPS uses ParentVUE to collect this information electronically. Online registration is available now until October 20<sup>th</sup>. We have online registration quick guides in several languages available to support you in this process.</p>	<p><b>Regístrese y verifique su información de ParentVue</b></p> <p>El proceso de Verificación Anual permite a las familias actualizar la información de contacto, recopilar información importante sobre usted y su estudiante, incluida cualquier información médica, de vacunación, preferencias de idioma e información de emergencia que el personal de la escuela necesita saber. MCPS utiliza ParentVUE para recopilar esta información electrónicamente. La inscripción en línea está disponible ahora hasta el 20 de octubre.</p>

[English](#) | [Español](#) | [中國人](#) | [한국인](#) |  
[Français](#) | [Português](#) | [Tiếng Việt](#) | [አማርኛ](#)

Contamos con guías rápidas de inscripción en línea en varios idiomas disponibles para ayudarlos en este proceso.

[Español](#)

## MCPS PARENT RESOURCES

[Parent Academy](#)

[Pathway to College, Career, and Community Readiness](#)

[MCPS News Center](#)

Webpage featuring the latest MCPS news and press releases updated regularly.

[Ask MCPS / Spanish Hotline](#)

General information about MCPS

Call: 240-740-3000 | Spanish Hotline: 240-740-2845

E-mail: [ASKMCPS@mcpsmd.org](mailto:ASKMCPS@mcpsmd.org)

## YOUTH CRUISER SMARTRIP CARDS

Did you know that kids under 18 ride free on MCDOT Ride On buses and most Metrobuses in the County? Get your Youth Cruiser SmarTrip Card now and Get Going! Learn more at

<http://ow.ly/sagI50JOBsh>.

## NBMS HELPFUL 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](mailto: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.

### 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

## 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](http://www.MySchoolApps.com); this is the preferred application method.

•Apply online NOW at [MySchoolApps.com](http://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/>

## 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](mailto: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](mailto: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 information above, please send an email to [Carla.A.Jurewicz@mcpsmd.net](mailto: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