

North Bethesda Middle School

June 15, 2025

News and Notes

<i>Monday, 6/16/2025</i>	<i>Early Release Schedule</i>
<i>Tuesday, 6/17/2025</i>	<i>Early Release Schedule. Last day for students and staff.</i>

2024-2025 SCHOOL HOURS: 8:15 – 3:00 p.m.

[Bell Schedules 2024-2025](#)

[MCPS CALENDAR](#)

To report Bullying and Harassment, please use this [Bullying and Harassment Form](#)
[Bus Route Links](#) – scroll down to North Bethesda Middle School for the most up to date bus routes. If you have any questions, please contact the Department of Transportation Bethesda Bus Depot at 240-740-6580.

Reminder - there are no after school activity buses for the rest of the year!

Administrators

Grade 6 Daniel_E_Werbeck@mcpsmd.org

Grade 7 Katherine_B_Rudd@mcpsmd.org

Grade 8 tirza_carmichaelcollins@mcpsmd.org

Principal Annemarie_e_smith@mcpsmd.org

Dear North Bethesda Families:

As we wrap up another incredible school year, I want to wish each of our NBMS families a joyful, restful, summer break. While it is bittersweet for me to say goodbye as I retire, I leave with immense pride and gratitude. This past week was full of celebration. 6th grade fun day, 7th grade Color Wars, 8th Grade Field trip to Hershey, and a phenomenal 8th grade student staff promotion celebration. The students and staff had a blast. The recording of the 8th grade promotion celebration will be shared in the next couple of days.

Serving as principal of this incredible middle school has been one of the greatest honors of my career. I am deeply grateful for the students, staff, and families who have made this community so inspiring and memorable.

In this week's *News and Notes*, you'll find details on the following topics

- Reminder about returning Overdue library books.
- Summer Math and Reading Resources on the NBMS webpage.
- Summer Math assignments for rising 9th graders at Walter Johnson
- Ms. Rice's informative counseling update
- Montgomery County Public Schools Family Climate Survey DEADLINE EXTENDED- June 16 is the last day!
- Other Helpful Information

Overdue Library Books

There are many overdue library books. Please remind your child to return their overdue book or books to the NBMS Library Media Center as soon as possible. If your child has lost the book(s), please let Ms. Woods or Ms. Kennedy know. If you have any questions, please email the Media Center staff - Ms. Woods (Nicolette_K_Woods@mcpsmd.org) or Ms. Kennedy (Teresa_M_Kennedy@mcpsmd.org)

Keep your eye out for a separate email if your child has overdue media center books and materials.

Summer Reading and Math Resources

Please check out the NBMS webpage for information to help students maintain and grow their reading and math skills over the summer

<https://www.montgomeryschoolsmd.org/schools/northbethesdams/news-index/nbms-summer-reading--summer-math/>

WJ Summer Assignments for Rising 9th Graders

Did you know that many WJ Math and English classes have summer assignments? The assignments are instrumental in preparing students for their fall classes and making them feel confident as they start the school year. Please follow this course if your student has a course with a summer assignment:

<https://www2.montgomeryschoolsmd.org/schools/wjhs/summer/assignments/>

Ms. Rice's Counseling Update

In two days' time, school will be out for the summer! This is my last newsletter for the year. Yay, only two more early morning wake-ups and only two more days of nagging your child to get out of bed and off to school on time. Now your child can blissfully sleep in and hopefully so can you! Many of us have been waiting for this freedom, when the sun sets later, the days stretch longer, and the routine feels easier. But, be mindful that the loss of routine can

wreck our emotional state. We need to keep our brains active and working, and we need to keep our sleep consistent.

Here are some ways to keep that noggin' functioning:

- READ! Visit your local library branch, take a walk to find a Little Free Library in your neighborhood, download something to your Kindle, or consider trading books with a friend.
- Do puzzles! Puzzles wake up the analytical parts of our brain. Word puzzles like crosswords (my favorite) increase fluency and word find abilities.
- Stay active! It's hot, but you can still find a way to move your body, perhaps an early morning or late evening walk or bike ride, a swim in your local pool, or some yoga in your living room. Don't forget to hydrate!
- Hop on IXL or the NB Math webpage and brush up/get a head start on your math skills.
- Learn a new language or strengthen what you learned during the year with websites and apps like Duolingo, Babbel and Rosetta Stone.
- Check out some of the other ideas listed in the "Webinars, Seminars, Announcements, and things..." section below

When a routine is lost, we sometimes also feel lost. Keeping busy, like the ideas suggested above, can help. Catching up on sleep is probably everybody's first priority, but if your teen is sleeping the day away, it's worth paying attention. There are many reasons teens sleep a lot:

- They are making up for a school-year sleep debt. Teens generally need 8-10 hours of sleep a night, and if they aren't getting that during the school year, they may spend the start of summer break making up for it. Research shows that it takes nine days of unrestricted sleep to recover from a perpetual sleep debt.
- A shift in sleep hormones. Starting around age 11 the body begins producing melatonin later and later in the day, thus your child stays up later and sleeps in longer.
- Depression. Sleeping all day can be a symptom of depression, or it can be a trigger for depression. A well-rested mind is better able to cope with life stressors in a healthy way, but it's important to engage in healthy physical activity with family and friends too.
- Anxiety. They might struggle to sleep and therefore be tired a lot, or stay in bed to avoid a social situation. Like depression, anxiety can go both ways by being the reason or the trigger.

- Tech addiction can also impact sleep. Even if a teen’s natural sleep cycle has shifted later, they still require sleep at night and exposure to sunlight during the day. Sleep deprivation due to technology use can start a negative cycle and a tired brain is more prone to addiction, depression and anxiety.

It takes time to adjust to a new routine, but keep in mind, this summer and always, encourage healthy routines. Help your teen get the rest they need, use technology for good, and find ways to keep active. Remember that there are many mental health benefits of nature and being physically active during the day helps you sleep at bedtime. Encourage your teen to find joy and have fun while school is out, but also to stay accountable to a routine.

Happy summer!

Ashley

Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** June 16th - Controversies in Accommodation Reduction: *How much is too much? How little is too little?*; [register in advance for zoom link](#)
- PEP Webinar - [When to Set Limits and When to Let Go, Summertime Edition](#) - Thursday, June 26th, from 8:00-9:00pm, use coupon *PEPFREE*

Summer Happenings

- Is there a particular area or subject your student loves or could use to improve in? A tutor can help your child gain, improve, or hone some skills this summer. Here are a few ideas we’ve come across:
 - Hone your **critical reading** and **writing** skills with a veteran Certified English Teacher and local legend - www.robertguisetutoring.com
 - How to Survive Middle School! 5-day online summer course focusing on **time management, study skills, and organization** strategies, for more information or to sign up visit EnhancingYourStrengths.com
 - “Want to get ahead on math over the summer? Bethesda Scholars, a local peer tutoring program, is offering five **summer math classes ranging from Algebra I to Calculus**. These in-person, small group classes are designed with help from **MCPS teachers and curriculums**, and are taught by high-achieving college students. Please visit bethesdascholars.com/details or reach out to services@bethesdascholars.com for more information.”
 - Looking for **support in math**, reach out to your child’s counselor for a focused list of certified MCPS math tutors.

- Looking to be active - check out one of the local **basketball** camps run by our very own teachers and coaches.
- The **RIASEC Road Trip** is stopping at NBMS on July 16th - join us for hands-on career advising and exploration activities that build professional skills like leadership, teamwork, and decision-making. Interactive stations, career labs, and opportunities to meet real-world-professionals from exciting industries are all free! [Complete this interest form for more information.](#)
- [MCPS Cybersecurity Camp](#) - a free, week-long, virtual summer camp open to rising 7th-9th graders, morning and afternoon sessions offered the weeks of June 23, June 30, and July 7
- [Montgomery Can Code](#) - free summer camp for MCPS rising 6th, 7th and 8th graders - campers will learn to code with Swift, an Apple programming language
- The Verizon Innovative Learning **STEM Achievers Program** at Uniformed Services University is hosting a no-cost summer STEM camp for middle school students, June 23-July 11, no prior STEM experience needed. For more information email stem@usuhs.edu or to [apply, click here.](#)
- [Growing Minds Social-Emotional Enrichment Camps](#) at St. Andrews
 - Transitioning to Middle School Through Art - setting the stage for navigating nerves and socializing - for Rising 6th Graders, July 28-Aug 1
 - Empowered Black Girls: A Safe Space for Connection and Growth - for 6th-8th graders, July 21-25
- [Expressive Therapy Center Week-Long Specialty Summer Camps](#) (9:30am-12:30pm)
 - Transition to Middle School - July 21-25
 - Art and Mindfulness - July 28- August 1 (Grades 6-8)

MCPS FAMILY CLIMATE SURVEY DEADLINE EXTENDED to June 16, 2025

Your Voice Matters: Share Your Experience!

We hope you are doing well! At NBMS, we value our partnership with families and know that your voice plays a vital role in helping us create the best possible learning environment for all students.

We invite you to share your feedback by participating in the **Family Survey**. This short survey gives you the opportunity to share your experiences and opinions about our school and the broader school district. Your honest input will help us understand what's working well and where we can improve.

The survey is easy to complete, takes only a few minutes, and your responses are completely confidential. The results will be used to guide our efforts in strengthening programs, services, and support for students and families.

The survey is open from May 12, 2025, through June 16, 2025.

To participate, simply click the link below:

<https://parentsurvey.mcpsmd.org/>

We deeply appreciate your time and commitment to our school community. Your feedback makes a difference!

8th Grade Panoramic Picture IS ON LINE

Your School's Eighth Grade Panoramic photo is now online.

Any student who has not had a chance to order a Panoramic photo, it's not too late! All orders using the link below will direct ship to a home address entered at checkout.

All orders using the link below will direct ship to a home address entered at checkout.

Please use your student ID as your online code

For questions or about ordering, please contact Victor O'Neill Studio: underclass@vosphoto.com

<https://vando.imagequix.com/s1484639921>

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. or send an excuse note by email.

Upon return to school, send a note to the main office: include the 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.

School Meal Viewer

Here is the NBMS MealViewer [link](#).

<https://schools.mealviewer.com/school/NorthBethesdaMS>

Here is a [link](#) to the MCPS Division of Food and Nutritional Services where you can find more information in different languages.

STUDENT HANDBOOKS

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

STUDENT SERVICE LEARNING (SSL)

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

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)

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 SSL information above, please send an email to Carla.A.Jurewicz@mcpsmd.net. Thank you!

Best wishes,

AnneMarie K. Smith, Ed.D.

Principal

North Bethesda Middle School

GO PHOENIXES!