



November 10, 2024  
North Bethesda Middle School  
News and Notes



**NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS**

Monday, November 11, 2024	OPEN HOUSE Regular Schedule Period 2 Phoenix Time
Tuesday, November 12, 2024	Regular Schedule Period 3 Phoenix Time School Portrait MakeUps through PE Classes
Wednesday, November 13, 2024	<u>SEL/Homeroom Schedule</u> Report Card Distribution
Thursday, November 14, 2024	Regular Schedule Period 4 Phoenix time
Friday, November 15, 2024	Regular Schedule Period 5 Phoenix Time Coffee with the Counselors 9AM Media Center

**Reminder: Parents, please drop off students in the drop off loop (entrance on Bradmoor Drive – note: Johnson Drive is for buses only). Also, at dismissal – please do not stop to wait for your child on Bradmoor by the NBMS sign. This blocks people’s access to line up for the drop off loop and in turn causes people to block Bradmoor Drive for people who are passing through.**

**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.

Click [here](#) to learn more about Extracurricular activities and Activity Bus Routes

[Administrators](#)

Grade 6 [Daniel\\_E\\_Werbeck@mcpsmd.org](mailto:Daniel_E_Werbeck@mcpsmd.org)

Grade 7 [Katherine\\_B\\_Rudd@mcpsmd.org](mailto:Katherine_B_Rudd@mcpsmd.org)

Grade 8 [tirza\\_carmichaelcollins@mcpsmd.org](mailto:tirza_carmichaelcollins@mcpsmd.org)

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

## Greetings North Bethesda Families:

Last week was a short week but a great start to the second quarter. The students celebrated this with a Phoenix Phun Day Friday afternoon. The weather was beautiful and students had the opportunity to socialize together. Thank you to the PTSA for a super fun seventh grade social Friday night.

In this week's News and Notes, you will find information about the following topics:

- Open house on November 11, 2024
- November Conferences at the Middle School Level
- Yearbook Information - how to order and how to submit pictures
- Ms. Rice's Counseling Update about "tween dating"
- A Walter Johnson Zoom meeting on 11/13 about Understanding AP classes
- Student enrichment opportunities such as Sonya Kovalevsky Day, the Hardest Math Problems and the INTEGIRLS math competition in December.
- Other helpful information

## 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 from 8:30 to 2:30 on Monday, November 11, 2024. (see bell schedule with grade level schedules linked [here](#)).

- If able to join, please plan on visiting 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. It may be standing room only in some of our larger classrooms.
- 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 Monday, November 11, 2024.
- 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.
- Please consider attending a session with our Career Coach. [Flyer](#) linked here.
- We appreciate your continued support and involvement in NBMS through volunteer opportunities through the PTSA and school.

- 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.
- Please consider writing a shout-out for the teachers you visit! Shout-out forms will be available in the main lobby—just fill one out and drop it in the basket, and we'll make sure the teacher receives it.

We look forward to welcoming you to this opportunity to see your students' lived experience at NBMS.

### **COFFEE WITH THE COUNSELORS - TECH ADDICTION**

There are a few seats left for Coffee With the Counselors and Special Guest, Cliff Sussman, MD, on the topic of Technology Use & Addiction next Friday, November 15<sup>th</sup> at 9:30am. If you would like to attend, please email Ashley Rice [Ashley\\_B\\_Rice@mcpsmd.org](mailto:Ashley_B_Rice@mcpsmd.org). The first 10 responses will receive a seat and additional responses will go on a wait list. Ms. Rice will notify you if you have a seat.

### **NOVEMBER CONFERENCES**

November 25th and 26th are early release days before Thanksgiving. On November 25th, North Bethesda Middle School will hold conference day. Due to the large student population, we are unable to offer individual conferences for all families. This year, team conferences are by invitation only and will be held from 3:30 to 6:30 p.m., either on Zoom or in person, with priority given to students needing additional academic support.

In addition, teachers will provide limited individual conference slots from 1:00-3:00 p.m., each lasting about 8 minutes. These one-on-one conferences will also prioritize students with the greatest academic needs. If additional slots remain, families can sign up on ParentVue beginning November 19th.

Starting next week, you may receive a call from school staff inviting you to a parent-teacher conference. Please confirm your availability promptly.

If you are not contacted and do not secure a November 25th conference, you may still arrange one throughout the school year. Contact your child's counselor or reach out directly to a teacher to schedule a phone conference.

Thank you for your ongoing support of our students and the North Bethesda community.

1:00-3:00 p.m.- Individual 8 minute online conferences (priority to greatest academic need), open November 19 to all families

3:30-6:30 p.m.-Team Conferences

Support with Signing Up for Individual Conferences:

## **YEARBOOKS FOR SALE!**

NMBS yearbook sales have begun! If you would like to order a yearbook this year, please use this link to place your order <https://yearbookforever.com/>

Enter "North Bethesda Middle School" in the search bar and it will take you to the order page. The pricing for a yearbook is as follows: **Special Discount: \$30 (now until 12/31)**; Early Bird Discount: \$35 (1/1 until 2/28); Regular Price: \$40 (3/1 onwards). Yearbook orders will only be done online this year. There are a LIMITED AMOUNT of yearbooks. **Please get your order ASAP to reserve your copy!**

If you have any questions, please contact Ms. Lui at [Jemi\\_J\\_Lui@mcpsmd.org](mailto:Jemi_J_Lui@mcpsmd.org).

## **SUBMIT PHOTOS FOR YEARBOOK!!**

Do you have photos you would like to submit for the yearbook? Have you taken pictures of events this year? We hope your answer is YES! The Yearbook Club is looking for students and families to contribute pictures for the '24-'25 yearbook. They can be classes, clubs, student life, community events, SSL, concerts, sporting events, etc. You can submit photos via the Yearbook Snap app (the app icon is orange!), or the Community Upload website

<https://snap.yearbookforever.com/snap/index.html#/upload/1-23J-32823>

The access code is: phoenix (no caps or spaces).

If you have any questions or run into any problems with submissions, please contact Ms. Lui at [Jemi\\_J\\_Lui@mcpsmd.org](mailto:Jemi_J_Lui@mcpsmd.org).

## **MRS. RICE'S COUNSELING UPDATE**

Do you know who your tween is dating? Many parents of tweens and teens who think their child has never been in a relationship may be surprised to know that they have actually had multiple relationships. If this is your first middle school go-round, news flash, you will likely be experiencing your child's first relationship sometime in the next couple of years. Sorry to be abrupt, but many tween and teen relationships are completely invisible to parents and are very different than when you were this age.

Kids start having crushes and thinking about sexuality and romance between the ages of 10 and 13. Biologically, this is what their bodies are telling them to do, it's the early stages of puberty after all. Don't jump ahead of yourself though - just because your child is thinking about sexuality doesn't mean they are thinking about sex. It never hurts to review the basics and how to be safe, but right now your tween mostly wants to talk about feelings.

The good news is that many tweens still want to talk to their parents, so you can help guide them to make positive relationship decisions. Don't blow off their crushes and relationship drama, instead listen and empathize with them. At this age, having a crush like your friend, instead of you, is huge. Ask questions and pay attention when you're driving carpool or your kids are hanging with their friends at your house. You can ask about who they text a lot with, but you can also take a look at their online interactions. These early dating interactions are great learning experiences for future relationships.

Be real with your kids and make some dating rules now while you still can. Dating rules will not only give you a sense of peace, but also your tween. It's a whole new world they are entering and having some guidance on how to navigate it will make them feel good too. Try not to forbid dating outright as that may lead to secrecy and revolution! But do make sure some of those rules include checking their history, browsing their social media pages, and looking at their text messages from time to time. These places will tell you a lot about your child's romantic status.

Want to read more?

[Young Love: Talking To Your Tween About Dating and Romance](#)

[Understanding the Risks of Tween Dating](#)

[Is Your Tween Dating?](#)

Webinars, Seminars, Announcements, and things...

- [RSVP for Coffee with the Counselors](#) and special guest, Clifford Sussman, MD, discussing Technology Addiction on Friday, November 15th at 9:30am in the NBMS Media Center. A few seats are left!
- Are you interested in being an NBMS Career Day Speaker? We are always looking to bring new and exciting careers on board. This year's Career Day will be Thursday, April 3rd, from 7:45-10:45 am. If you're interested in being a part of greatness, complete this [Speaker Information Form](#) and we will be in touch.
- [Parent Child Journey](#) with Dr. Shapiro & colleagues
  - **Free Parent Support Group EVERY Monday at 1:00pm:** November 11 - Psychiatric Medication for Children and Adolescents; [register in advance for zoom link](#)
- The Chesapeake Center hosts [The Invisible Sibling: Family Dynamics and the Challenge of Meeting Everyone's Needs](#) - November 13th from 12:00pm-1:15pm -an interactive webinar for parents or guardians raising neurodivergent kids looking to better understand and support all of their children, including the ones without the diagnosis

**VOLUNTEER OPPORTUNITIES**

**CARE STORE INFO FOR ALL GRADE LEVELS - VOLUNTEER NEEDED**

*We have 3 Volunteer slots open for volunteers. You can sign up for only your child's grade or all grades. Your child will be allowed to get one bag of chips and one gatorade for free if you volunteer and will be able to skip the line and get in first. If for some reason you can't make it on the day you signed up please don't forget to cancel it so others can sign up in your place. Let's make this year's care store a success!*

CARE Store 10:30 am - 11:20 am (6th grade lunch).

CARE Store 11:20 am-12:15 pm (7th grade lunch).

CARE Store 12:15 pm-1:00 pm (8th grade lunch).

*Store Duties: During store hours, the volunteers help kids make "purchases" and keep things under control...mostly. Oh and BONUS you get to spy on your 6th/7th/8th graders!!!!*

*Cart Duties: You know the peanut vendors at the baseball game...yup...that's pretty much it. You will be able to "sell" candy to all grades and snacks (8th grade) right from the cart.*

<https://www.signupgenius.com/go/10C054DA4AB23ABF49-cares>

## **UNDERSTANDING AP CLASSES - WJHS Zoom Meeting**

WHAT : Understanding AP Classes

PRESENTERS : WJ Counseling Team

WHEN : Wednesday, November 13, 7:00 PM Eastern Time

WHERE : Join Zoom Meeting <https://us06web.zoom.us/j/5571348374?omn=89298668962>

Meeting ID: 557 134 8374

WHY : Join us for a meeting focused on discussing the demands of AP Courses, when a student might take an AP course, benefits of taking AP courses, AP exams, college credit and the difference between Honors and AP classes. The discussion will be followed by Q and A for parents and students to ask any questions they may have.

QUESTIONS : Contact Yvonne Klinger : [yvonne.klinger@gmail.com](mailto:yvonne.klinger@gmail.com)

Zoom translated captions are available to have the speech in the meeting automatically translated in real-time to captions in another language. For example if the speaker is speaking English in a meeting, captions can be made available in Spanish, Chinese, French and more. Prerequisites for viewing translated captions: Zoom web app, Zoom desktop app for Windows or macOS: Global minimum version or higher. Please note this meeting will be recorded and posted on the CAC Website after the meeting.

For the recordings and more information on CAC events, please visit:

[COUNSELING ADVISORY COMMITTEE \(CAC\)](#)

WJ PTSA Counseling Advisory Committee (CAC)

RESERVA LA FECHA

QUÉ: Comprender las clases de AP

PRESENTADORES: Equipo de asesoramiento de WJ

CUÁNDO: Miércoles 13 de noviembre, 7:00 p.m., hora del Este

DÓNDE: Únase a la reunión de Zoom : <https://us06web.zoom.us/j/5571348374?omn=87262702522>

ID de reunión: 557 134 8374

POR QUÉ: Únase a nosotros en una reunión enfocada en discutir las demandas de los cursos AP, cuándo un estudiante puede tomar un curso AP, los beneficios de tomar cursos AP, los exámenes AP, el crédito universitario y la diferencia entre las clases de honores y AP. Luego de la discusión habrá una sesión de preguntas y respuestas para que los padres y estudiantes hagan cualquier pregunta que puedan tener.

PREGUNTAS: Comuníquese con Yvonne Klinger: [yvonne.klinger@gmail.com](mailto:yvonne.klinger@gmail.com)

Los subtítulos traducidos de Zoom están disponibles para que el discurso en la reunión se traduzca automáticamente en tiempo real a subtítulos en otro idioma. Por ejemplo, si el orador habla inglés en una reunión, los subtítulos pueden estar disponibles en español, chino, francés y más. Requisitos previos para ver los subtítulos traducidos: aplicación web Zoom, aplicación de escritorio Zoom para Windows o macOS: versión mínima global o superior. Tenga en cuenta que esta reunión se grabará y se publicará en el sitio web de CAC después de la reunión.

Para ver las grabaciones y obtener más información sobre los eventos de CAC, visite: [COMITE ASESOR DE CONSEJERIA \(CAC\)](#)

Comité Asesor de Consejería (CAC) de WJ PTSA

## **OPPORTUNITIES FOR STUDENTS**

### **SCHAFFER'S PIANO SALE PROGRAM**

Please open [this link](#) to learn about the Schaffer's Piano Loan Program.

## **SONYA KOVALEVSKY DAY**

We are excited to announce [Montgomery College is holding its 28th annual Sonya Kovalevsky Day on Saturday November 16, 2024 on the Rockville campus](#). The program goal is to increase participation of girls in STEM fields. Research indicates that 6<sup>th</sup> grade is when many girls turn away from STEM, which is why our program targets 6<sup>th</sup> grade students.

We are writing to ask for your help in inviting your 6<sup>th</sup> grade students to our SK Day event at our Rockville campus. Please share the attached flyers (English and Spanish) with your 6<sup>th</sup> grade families. The event is free, but space is limited to the first 60 students who register on our website:

<https://www.montgomerycollege.edu/academics/stem/k-12/sonya-kovalevsky-program.html>

[SK DAY FLYER ENGLISH](#)

[SK DAY FLYER SPANISH](#)

If you have questions, please email us at [SonyaKovalevsky.Program@montgomerycollege.edu](mailto:SonyaKovalevsky.Program@montgomerycollege.edu).

## **HARDEST MATH PROBLEM**

[Hardest Math Problem Contest Overview](#)

[Entry Form & Grade Level Problems](#)

The Hardest Math Problem is an annual competition presented by The Actuarial Foundation, and the New York Life Foundation that challenges grades 6–8 students to solve multistep, grade-appropriate math problems with real-world situations and engaging characters.

Challenge 1 - Now until December 4th: Every student who provides a mathematically correct answer to Challenge 1 will receive an invitation to compete in Challenge 2 with an even more difficult problem. Turn your paper in to your Math Teacher or Ms. Watkins by Wednesday December 4th.

Challenge 2 - By Invitation to Challenge 1 Winners, January-March, 2025

Entries must contain a mathematically correct answer and a compelling written explanation of their reasoning to be eligible for the Grand Prize! Correct entries are judged by a panel of teachers and actuaries to determine the strongest written argument and award prizes.

3 Grand Prize Winners (one per grade): \$3,000 for a 529 college savings plan, plus a laptop!

3 Runner-Up Winners (one per grade): \$2,000 for a 529 college savings plan and a tablet computer.

3 Honorable Mentions (one per grade): \$1,000 contribution to a 529 college savings plan.



Teachers can win a \$300 gift card and \$200 towards a class pizza party!

## INTEGIRLS MATH COMPETITION

The D.C. chapter of INTEGIRLS is hosting a **beginner-friendly, in-person math competition Saturday, December 14th from 9 am - 4 pm** at the Bioscience Education Center at Montgomery College Germantown Campus! Our mission at INTEGIRLS is to encourage girls and non-binaries in STEM fields through math competitions and events. This year, we will have math competition rounds (individual and team), an estimathon, a speaker event, awards ceremony, provided lunch, and lots of fun STEM activities. Teams of up to 4 students will be able to connect with and enjoy math with other girls and non-binaries around the DMV. There will be a lot of prizes and fun swag for all participants.

Register [here](#) directly or go to the INTEGIRLS D.C. website ([dc.integirls.org](http://dc.integirls.org)) to learn more about the competition.

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Thank you for your time, and please let me know if you have any questions at all!

Isha

[isha@integirls.org](mailto:isha@integirls.org)

## 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](mailto: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 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.**

### CAFETERIA FEES

It may be necessary to periodically review the cafeteria balance and funding source on your student's account to check for accuracy and for appropriate monetary funds. As a reminder, a

traditional school lunch is \$2.80, but students have the option to purchase additional a la carte items for additional purchase. We find it appropriate for you to review with your child expectations and norms around cafeteria spending, and to support them in establishing boundaries and budgeting accordingly. We do not want any surprises for you and your child in terms of their daily spending. Prepay and check your child's account at [www.myschoolbucks.com](http://www.myschoolbucks.com) This service is optional—schools will continue to accept checks and cash for meals in the cafeteria.

**Support** Call the Schoolbucks toll-free customer support center at 1-855-832-5226 for assistance with enrollment or questions about your account. MySchoolBucks support staff are available Monday to Friday, from 7:00 a.m. to 7:00 p.m. eastern standard time.

## **FREE and REDUCED MEALS**

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

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.

## **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](mailto: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><b>To join, click on the NBMS SSL MyMCPS Classroom link =&gt; <a href="https://mcpsmd.instructure.com/enroll/FC6DG7">https://mcpsmd.instructure.com/enroll/FC6DG7</a>.</b> Please share this link with students, family, and friends.</p>
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If you have any questions, after reviewing the SSL information above, please send an email to [Carla.A.Jurewicz@mcpsmd.net](mailto:Carla.A.Jurewicz@mcpsmd.net). Thank you!

Have a great week!

Warmly,

AnneMarie Kestner Smith, Ed.D. (She, Her, Hers)

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)