

North Bethesda Middle School

February 23, 2025

News and Notes

Daniel E. Werbeck, Acting Principal

<i>Monday, February 24, 2025</i>	<i>Regular Bell Schedule - PT 2</i> <i>Girls' HOME against Frost MS</i>
<i>Tuesday, February 25, 2025</i>	<i>Regular Bell Schedule - PT 3</i> <i>Boys' HOME against Silver Creek MS</i>
<i>Wednesday, February 26, 2025</i>	<i>SEL Bell Schedule</i> <i>Boys' HOME against Westland MS</i>
<i>Thursday, February 27, 2025</i>	<i>Regular Bell Schedule; - PT 4</i>
<i>Friday, February 28, 2025</i>	<i>Early Release</i>

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

- Upcoming 7th grade trip to Finance Park
- March Madness @ WJ - 3/14/25
- 8th Grade Field Trips Information & Dates
- WJ Spring Hockey
- WJ Bake Sale
- Ms. Rice's Counseling Update
- 8th Grade End-of-Year Social Information
- PTSA Enrichment Opportunities, including an upcoming coding class and tennis lessons
- MCPS Meal Viewer – a new tool for viewing breakfast and lunch menus
- Yearbook Information – Early Bird discount price of \$35 if purchased before 2/28
- Inclement Weather Information
- Student Opportunities, including the Seventeenth National Essay Contest by the Korean Spirit and Culture Promotion Project and an upcoming HBCU College Fair in February

- Other Helpful Information

We appreciate your continued support and engagement!

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 Hyle_L_Daley@mcpsmd.org

Grade 7 Katherine_B_Rudd@mcpsmd.org

Grade 8 tirza_carmichaelcollins@mcpsmd.org

Acting Principal - Daniel_E_Werbeck@mcpsmd.org

Principal Annemarie_e_smith@mcpsmd.org

Finance Park Trip

Dear NBMS Parents - We NEED YOU for Finance Park!

One of the exciting experiences Grade 7 students have is participating in the Junior Achievement financial literacy curriculum with a culminating simulation with a field trip to Finance Park.

PARENT VOLUNTEERS are STILL NEEDED for our trip on Thursday, March 6th with Mr. Lutchenkov's class! You don't have to be a parent of Mr. Lutchenkov's students volunteer – anyone is welcome to help!

Please Visit <https://www.myja.org/caregivers/montgomery> to volunteer.

8th Grade Trips

Our 8th graders have the opportunity to attend two upcoming field trips:

- Thursday March 20, 2025 from 9:00am - 1:00pm to Montgomery College (Rockville) for a career advising World of Work (WOW) event. Please save the date and consider signing up to be a chaperone. Permission slips and information will be given to students through their science classes next week. We will need

parent chaperones to ensure this trip is a giant success, so clear your calendar for WOW!

- Monday, March 24, 2025 our 8th grade students will be attending a field trip to the Holocaust Museum in Washington, DC. Permission slips and planning for that trip has already commenced.

The WoW event was recently added to our school calendar, and the scheduling was determined by the MCPS Career Advising office. We recognize that these trips are scheduled close together, which is not ideal, but we are excited to offer both experiences to our students. We appreciate your flexibility and understanding!

Thank you for your support—we look forward to providing these enriching opportunities for our 8th graders!

NBMS March Madness

Hey NB Families, Do you know what's right around the corner?

March Madness Basketball at WJ is coming soon on **Friday, March 14 at 7pm!!**

It's time for the NB kids to get their 5 person teams together and complete a [Team Registration Form](#). Also each individual player needs to turn in a [Family Waiver Form](#). Forms can be printed from the links or picked up in the main office and should be turned in to the main office by **Friday, March 7**. Teams will compete for prizes and glory! And parents will have a chance to win a free week of WJ basketball camp during the halftime half court shot contest.

It's free to play, but there is a \$5 entrance fee for all players and spectators. Get your tickets in the [PTSA online store](#) in advance. We cannot accept cash at the door.

Parents, we need your help to make this event a success, so please [sign up](#) for a volunteer spot. Also, parent volunteers enter for free, so get your volunteer spot now;)

Let's keep this tradition going and give our kids a chance to make meaningful memories!

WJ Spring Hockey

If you know any rising WJ 9th graders that are interested in playing WJ Spring hockey, please tell them to email wjhockeyclub@gmail.com. Spring Hockey is open to all 8th -12th graders. Registration typically begins early March and games begin in April. Minimum 9 regular season games, Playoffs (at least 4 teams). The league will play Monday-Friday after school. Games will generally begin at 3:45 PM or later. Each team will play at least one game per week. No body contact (strongly enforced).

WJ Used Book Sale Information

Please see below for an opportunity to purchase used books coming up at Walter Johnson High School

WALTER JOHNSON HIGH SCHOOL BOOK SALE

Calling all Book Lovers! The Walter Johnson High School All-School Booster Club Used Book Sale is coming soon (March 1-2). We have thousands of books with a great selection of nonfiction, novels, and children's books, DVDs, Comic Books, and Video Games for sale!

Please help spread the word to your friends, family and neighbors!

Saturday, March 1st, 9 am - 4 pm (Early Bird \$10 entrance fee from 9-10am, then Free to enter)

- Adult Hardcover \$4, Paperback \$2
- Children's Hardback \$2, Paperback \$1
- DVDs \$3, Video Games \$5

Sunday, March 2nd, 9 am - 3 pm (\$15/box – we provide boxes)

• The sale is located at **6400 Rock Spring Dr, Bethesda, MD** in the school cafeteria (located at the far right of the front of the school). All proceeds benefit the WJ All-school Booster Club. More information on the Booster Club website. Email wjusedbooksale@gmail.com with any questions.

****BOOK SALE DATES ****

- Saturday, March 1: 9 am - 4 pm
- Sunday, March 2: 9 am - 3 pm

Email: WJUsedBookSale@gmail.com with any questions. Thank you for your support!
Used Book Sale Committee

Mental Health Forum

Please see the following link about a **family forum on Mental Health and Substance Use Prevention** that takes place on Saturday, March 1, 2025, from 8:00 a.m. - 12:00 pm at Gaithersburg High School. Please see the link below for more information.

[Family Forum on Mental Health & Substance Use](#)

Ms. Rice's Counseling Update

Have you ever felt like something wasn't working? Do you have a child who refuses to talk to their therapist or says they won't go? Have you met a provider and just felt it wasn't right?

Connection is very important in the world of mental health. It's important to feel safe and trust the clinician. It's important to feel some sort of connection with the clinician too. The connection is what allows us to share and be our authentic selves. Sometimes you may try multiple clinicians before you find the right one. If you have a child who has been medicated for a mental health diagnosis, you may have had to try multiple medications before you found the right one. Clinicians are similar.

Where am I going with this? I really just wanted to let you know that it's rare to meet the perfect provider or find the perfect medication the first time you try. It's normal to try more than once, and it can be frustrating. You might want to ditch the entire project and just "live with" whatever is going on. But, stay the course and you will find the right provider, the connection, and eventually achieve the desired outcome.

Taking care of ourselves and our children can be really hard work. Whoever said being a parent was easy was lying and being a parent today is different than when our parents were parents. If you're feeling frustrated, talk to a colleague or a friend who will listen. Perhaps they've had a similar experience and can share a story of hope. School counselors have resources as well, reach out to us if you need something.

Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** February 24th -Reward Systems: Uses, Misuses, Abuses; [register in advance for zoom link](#)
 - [Winter 2025 Journey beginning for Parents of Challenging Children](#)
- PEP Webinars
 - [Tackling Technology: Setting Limits With Your Children](#), Wednesday, February 26th, 8:00-9:00 pm, \$25
- Georgetown Psychology Parent Education Series: Executive Function Coaching: A Lifeline for ADHD Students & Their Parents, February 27th from 12:00-1:00pm; [reserve a virtual seat](#)
- Caring Matters: [Camp Erin Montgomery County](#) - free, weekend overnight camp for grieving children & teens, Friday, May 2nd @ 4:00 through Sunday, May 4th at 2:00pm at Bar-T Mountainside in Frederick. If you are interested, contact your child's counselor.
- APL's annual **Girl Power STEM event!** Saturday, March 1st, from 2:00-5:00 pm in the Johns Hopkins University APL South Campus Building 201 - a STEM expo designed for elementary and middle school students to explore careers in STEM- demos, activities, and workshops from APL staff and community organizations. [All attendees must be registered.](#)

- 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

8th Grade SOCIAL:

A committee of parents has been meeting to plan the NBMS end of year 8th Grade Social party. The party will be at North Bethesda on Friday, May 30, 2024 from 6:30 - 9:00 PM. There will be a DJ, dinner, a photo booth, and a slide show featuring your kids and their NBMS buddies over the years :-)

Please start looking for photos of your child/children and their buddies from the last three years at NBMS! Because we hope to include every 8th grader, group photos with other current 8th graders or NBMS teacher(s) will be given preference in the slideshow. This also means that we won't be able to use every photo that you submit but we are committed to making sure that every child is included in this slideshow.

Photos of NBMS activities or photos taken at school or NBMS sporting events will also be given preference in the slideshow.

To help us streamline the process and ensure that the slideshow is the best it can be, please consider the following guidelines when submitting photos. Note that these are only guidelines, not hard-and-fast rules.

Please: IMPORTANT: —> Save each photo with a name that has the grade in which it was taken and the last name of your child and other children featured if you know their names. This will make it easier for us to sort the pictures for the slideshow. Unlabeled photos may be disregarded.

Upload the photos to this

[Google drive folder](#) or email to nbmsphotos2025@gmail.com.

- Please put your photos in the sub drive according to their first name.
- Limit your submission to 3 photos
- Make sure the photos are good quality. Generally, if photos are 1MB or larger, they are fine for the slideshow.
- Upload the original photo whenever possible.

- No family vacation photos or photos with siblings please (unless your children are twin 8th graders like mine!)

Submit all photos by April 15, 2025

Thank you in advance!

Mara Kronenfeld and the 8th Grade Social Parent Organizing Committee

**FEE BASED PTSA ENRICHMENT OPPORTUNITIES
CODING CLASSES FOR 6th through 8th Grade Students**

[CODING CLASS](#)

Spring NBMS Tennis Programs

[Wednesday Intermediate/Beginner](#)

[Wednesday Varsity Futures Team](#)

[Thursdays Intermediate/Beginner](#)

[Thursdays Varsity Futures Team](#)

[Extended Season Per Diem Wednesday Classes](#)

A Message from the PTSA Enrichment Coordinator

Dear Parents and Guardians,

I'm excited to share that another round of enrichment classes kicks off next week! Spaces are limited, so be sure to sign up soon. The link below provides full details, including class descriptions, schedules, costs, and registration information.

[NBMS Debate Club](#)

[NBMS Typing Club](#)

[NBMS Bulls and Bears](#)

Best,

Ray Azarm

DONATIONS NEEDED

- Please consider donating a three ring binder for students in need for the second semester. Donations can be given to Ms. Mary Beth Turska in the NBMS Counseling Office

OPPORTUNITIES FOR STUDENTS

SEVENTEENTH NATIONAL ESSAY CONTEST BY KOREAN SPIRIT AND CULTURE PROMOTION PROJECT

The 17th National Essay Contest by Korean Spirit and Culture Promotion Project (“KSCPP”), a 501(c)(3) non-profit organization based in the U.S.

The essay topic is based on the publication Chung Hyo Ye, Tales of filial devotion, loyalty, respect and benevolence from the history and folklore of Korea.

The contest is open to all middle and high school students, with separate competitions held for each group. Winners will receive their prizes in the form of a check (1st prize: \$500) or an e-gift card.

The [attached flyer](#) has full details on how to enter, the submission deadline, and the results announcement date. We look forward to receiving entries from your school and would appreciate it if you circulate this flyer so that many students can take part.

HBCU COLLEGE FAIR

The 17th annual Historically Black Colleges and Universities (HBCU) College Fair will be held on Friday, February 14, 2025, from 6:00–8:30 p.m.

The in-person event will take place at The Universities at Shady Grove for students in Grades 8–12 and their families to meet with representatives from over 50 historically black colleges and universities.

The HBCU College Fair will include the following:

- On-the-spot scholarship opportunities for Grade 12 students;
- Workshops on financial aid assistance, Free Application for Federal Student Aid (FAFSA), scholarship opportunities, presentations from the Thurgood Marshall College Fund, an overview of HBCUs, and how to find your best-fit HBCU;
- A panel discussion on college life with representatives from the Montgomery County National Pan-Hellenic Council Fraternities and Sororities. During the fair, students and parents can interact with college admission representatives and attend workshops, including a separate workshop and activities for middle school students
- Registration for the college fair will open on Friday, December 13, 2024, and can be found on the HBCU Fair website. We strongly encourage school counselors and College and Career Information Coordinators (CCICs) to attend the fair.
- This event is an excellent opportunity for school staff to meet with HBCU admissions representatives and learn more about HBCUs. We will also provide

FAFSA completion support for any Grade 12 student and their caregivers seeking assistance, which is scheduled to open in December 2024.

Representatives from the Maryland Higher Education Commission, Educational Opportunity Center, and Montgomery College's financial aid outreach office will be onsite to help. Please encourage administrators and staff to attend or volunteer to help with this event. Staff at all grade levels are welcome to volunteer. The volunteer registration information is located on the HBCU Fair website.

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).
<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.

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 This service is optional—schools will continue to accept checks and cash for meals in the cafeteria.

Support Call the School Bucks 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; 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.

INCLEMENT WEATHER INFORMATION

MCPS Operating Status and Notifications: In the event of inclement weather, please refer to the MCPS color codes for operational decisions, including school closures, delayed openings, or early dismissals. The color codes are available in multiple languages

<https://www.montgomeryschoolsmd.org/emergency/closings/>

Where to Find Winter Weather Information: For the latest updates on MCPS decision-making processes and communications during inclement weather, please visit the following resource:

[**MCPS Winter Weather Preparedness.**](#)

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!

YEARBOOKS FOR SALE!

NBMS 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: 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.

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

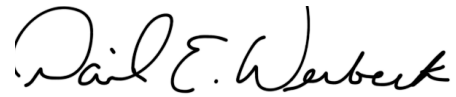
<https://snap.yearbookforever.com/snap/index.html#/upload/1-23J-32823>

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.

Have a great week!

Sincerely,

A handwritten signature in black ink that reads "Daniel E. Werbeck". The signature is written in a cursive style with a large, looped 'D' and a distinct 'E'.

Mr. Daniel E. Werbeck

Acting Principal

North Bethesda Middle School