

North Bethesda Middle School

March 09, 2025

News and Notes

Daniel E. Werbeck, Acting Principal

<i>Monday, March 10, 2025</i>	<u>MISA Bell Schedule</u>
<i>Tuesday, March 11, 2025</i>	<u>MISA Bell Schedule</u>
<i>Wednesday, March 12, 2025</i>	<u>MISA Bell Schedule</u>
<i>Thursday, March 13, 2025</i>	<u>MISA Bell Schedule</u>
<i>Friday, March 14, 2025</i>	<i>Regular Bell Schedule - PT 2</i>

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

- MISA Testing next week
- Maryland School Survey Information
- March Madness @ WJ - 3/14/25
- 8th Grade Field Trips Information & Dates
- [Ms. Afram's Career Advising Showcase](#)
- Ms. Rice's Counseling Update - Hate Speech
- 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
- 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

8th Grade MISA Testing

NBMS 8th grade students will participate in MISA testing from Monday, March 10, to Thursday, March 13. Testing will take place during their regularly scheduled class periods. Please ensure your student comes to school well-rested, has eaten a good breakfast, and brings a fully charged Chromebook. If you have any questions, please feel free to contact Katherine Rudd at Katherine_B_Rudd@mcpsmd.org.

Maryland School Survey

State law requires that all public schools in Maryland survey students about school climate. We will conduct that survey on April 2, 2025. Please see the follow letter for more information:

 [NBMS MD Survey Parent Letter 2025.docx](#)

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!!**

Tomorrow, March 10 is the last call to drop off registration forms to the main office.

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!

Ms. Rice's Counseling Update

Last week students had a terrific SEL lesson on understanding and interrupting the escalation of bias. This was prompted by some of our students encountering hate speech online and in chat groups.

Hate speech is a verbal attack targeting someone because of a group they belong to. Hate speech is all over the internet, not just on platforms where people are interacting with one another. While some hate speech will be directed at specific students, the majority of kids will be victims of casual exposure - in a game they are playing, while checking out a new song, or looking up a definition. Even casual exposure has an impact.

Hate speech may target gender identity, race or ethnicity, religion, sexual orientation or a disability. Our students are incredibly vulnerable at this age. Remember that the middle school years are all about finding your identity. Some of our students are more "out" with their identity online than in person, so hate speech online can hit particularly hard. But the thing is, most things that happen online spill over into school and the community as well.

Hate speech is legal under the First Amendment unless it specifically targets someone, includes a threat or creates a hostile environment. But, the lines are blurred about what

is acceptable and what is unacceptable in the digital world. While you may be able to set parental controls to reduce some of the hate content your children see online, you aren't able to set parental controls on what gets repeated in school and around the neighborhood.

So, how do you handle hate speech and what should you do about it? You should be talking to your child. Open honest conversation is the way to go, for everything really. If you want your tween or teen to keep talking to you, it's good to keep the lines of communication open and listen without judgement. If they tell you they are worried about something, give them time to explain rather than get angry about where they've been online.

Start a casual dinner conversation about what hate speech is and if they've ever encountered it how it made them feel. Make sure your child knows how to block or report hate speech to online platforms and that they should never share or repost it. If hate speech is directed at a particular person, your child may even want to reach out to the target of the hate speech to make sure they are okay and encourage them to get help. Your open lines of communication should encourage your child to share what they've seen with you and give them a place to process what they saw.

[Where Kids Find Hate Online](#)

[What is the real-world impact of online hate speech on young people?](#)

[If you've been harassed online, you're not alone...](#)

[Webinars, Seminars, Announcements, and things...](#)

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** March 10th -The Brave New World of AI; [register in advance for zoom link](#)
 - April Excursion: [Helping Your Child with Self-care](#) - Tuesdays in April from 10:00-11:00am by Zoom
 - May Excursion: [Medication for Struggling Children](#) - Thursdays in May from 8:00-9:00pm on Zoom
- The Chesapeake Center for ADHD, Learning & Behavioral Health has two upcoming virtual parenting groups:
 - Parenting Kids with ADHD - 8 sessions aimed at providing a safe space to connect with other parents while learning strategies to improve home-life; Tuesdays from 12-1:15pm starting March 4th. [Register using this link.](#)
 - Parenting Kids With Autism Spectrum Disorder - 8 sessions aimed at connecting attendees with other guardians who understand the unique

challenges and joys of raising a child with autism; Thursdays from 12-1:15pm starting March 13th. [Register with this link.](#)

- The Chesapeake Center for ADHD is hosting an “Ask the Expert” Webinar - Effective Treatment for Women and Girls With ADHD, March 13th from 12:00-1:15pm, [register online.](#)
- PEP Webinars
 - [Kids & Anxiety: Helping Kids Build Courage](#) - for parents of children ages 5 and up, \$25, Tuesday, March 11, from 8:00-9:00pm
- 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.
- 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.

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.

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 'W'.

Mr. Daniel E. Werbeck

Acting Principal

North Bethesda Middle School