

North Bethesda Middle School

February 2, 2025

North Bethesda Middle School

News and Notes

National School Counselor Appreciation Week

February 3rd – February 7th

<i>Monday, February 3, 2025</i>	<i>WIDA Testing; Regular Bell Schedule – Phoenix Time p.3</i>
<i>Tuesday, February 4, 2025</i>	<i>WIDA Testing; Regular Bell Schedule - PT 4</i>
<i>Wednesday, February 5, 2025</i>	<i>WJHS Visits w/ 8th grade, PD 2; Regular Bell Schedule - PT 5</i>
<i>Thursday, February 6, 2025</i>	<i>Report Card Distribution (HR); SEL Bell Schedule; Boys' BBall game (home) vs. Westland., Girls' BBall game away</i>
<i>Friday, February 7, 2025</i>	<i>Regular Bell Schedule - PT 6</i>

Good Evening, Families,

Please join us this week in recognizing our amazing NBMS school counselors: Ms. Sadara, Ms. Rice, Ms. Mendelson, Mr. Yeom, Ms. Mandell, and our counseling registrar Ms. Turska, for all they do to support the socioemotional well-being of our students.

This week at NBMS, many of our students participated in the National History Day Competition with Ms. Lunsford's classes, showcasing their historical interests through creative projects that highlight the talents of our students. This past Thursday marked the beginning of the 3rd marking period and the start of the second semester. Many students had the opportunity to switch classes in semester and quarter courses. We are confident that the second semester will be full of rich learning experiences for all our students.

Next week, some of our students will continue with WIDA testing, and on Wednesday, we will welcome counselors from Walter Johnson High School to meet with our 8th graders and discuss the 9th grade course selection process.

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

- WJ Spring Hockey
- Ms. Rice's counseling update
- SGA Fundraiser
- Information for 8th grade parents regarding the End-of-Year Social for 8th Graders
- PTSA Enrichment Opportunities, including an upcoming coding class and tennis lessons
- The NBMS Media Center's Winter Book Fair
- MCPS Meal Viewer – a new way to view breakfast and lunch menus
- Yearbook Information (Early Bird discount price of \$35 if purchased before 2/28)
- Inclement Weather Information
- Opportunities for students, including the Seventeenth National Essay Contest by the Korean Spirit and Culture Promotion Project and an HBCU College Fair in February
- Other helpful information

Thank you for your continued support, and have a great week ahead!

-Mr. Werbeck

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

Grade 7 Katherine_B_Rudd@mcpsmd.org

Grade 8 tirza_carmichaelcollins@mcpsmd.org

Principal Annemarie_e_smith@mcpsmd.org

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).

SGA Valentine's Day Fundraiser

The Los Angeles Regional Food Bank is an organization that distributes food and other essentials to children and families in need so that they can work to alleviate hunger. As Los Angeles is facing incredible expenses and hardships from the wildfires, the Student Government Association sees this as an opportunity for North Bethesda to help and play a role in helping other communities around the world. The SGA has come up with the idea to connect our traditional Valentine's Day candygrams by donating our profits to the Los Angeles Regional Food Bank. This year, our lollipop Candygrams will be sold during grade-level lunches on February 4-7, 2025, for 2 candygrams per dollar. They will be delivered on February 14th, 2025, during Phoenix time. We encourage you to buy Candygrams and support the Los Angeles Regional Food Bank!

Candy Gram Volunteer Form – *parents/guardians*

The SGA will be selling candy grams this year. We are looking for parent volunteers to help us sell candy grams during lunch to students during their grade-level lunches on dates February 4th 2025, February 5th 2025, February 6th 2025, and February 7th 2025. The time-slots when your assistance is needed is listed below.

During this time, you will be responsible for collecting money from the students and giving them the paper cutouts (Candy gram cards) to fill out. It is expected that they either return the cards back to you or return them to Ms.Alexander-Lewis before February 7th at 3:00 pm

Please arrive at least 10-15 minutes in advance as transition times are hectic!

Further information will be provided to you once we receive a response!

Please sign up by clicking here: <https://forms.gle/9AMDj4ij1n97PECFA>

Ms. Rice's Counseling Update

This week is National School Counselor week. School counselors are often described as the heart of the school. School counselors help students thrive. To thrive is to grow, succeed, and feel fulfilled in all areas of life. We support students as whole beings, in their academic growth, emotional well-being, and career exploration. A student thriving academically means setting goals, staying motivated and finding joy in learning. Thriving emotionally means feeling balanced, resilient, safe, supported, and included. Thriving in the future means understanding one's strengths and passions.

Our listening and advocacy skills are often our best assets, but we also help students thrive by:

- coaching conflicts with friends and peers
- promoting respect and inclusivity
- supporting mental well-being
- encouraging self-advocacy
- helping with time management
- communicating with teachers, parents, and community members
- keeping tabs on attendance and grades
- and of course sitting with students through big emotions

Our goal as counselors is for each of our students to have a sense of purpose, to feel they belong, to be able to manage challenges, maintain healthy supportive relationships, be resilient, and feel valued in their school community. If your child feels this way, I'd say they are thriving. If they do not, please reach out to your child's counselor. While we have lofty goals, we also have large caseloads, and some students have the ability to fly undetected.

Webinars, Seminars, Announcements, and things...

- **Parent Child Journey** with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm: February 3rd -Sibling and Peer Support for Neurodivergent Children, *What to hope for, expect, and avoid.*; [register in advance for zoom link](#)**
 - **Winter 2025 Journey beginning for Parents of Challenging Children**
- **PEP Webinars**
 - **My Child is Melting Down: What Do I Do Now?**, Tuesday, February 11th from 8:00-9:00pm, \$25
 - **Tackling Technology: Setting Limits With Your Children**, Wednesday, February 26th, 8:00-9:00pm, \$25
- **Caring Matters: Parenting While Grieving: Supporting a Child Grieving the Death of a Parent** - free 8-week online workshop series beginning Wednesday, February 19th

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.

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.

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

NBMS WINTER BOOK FAIR

NBMS Winter Book Fair is coming up soon!

Our NBMS Book fair is quickly approaching! The dates are February 10th-14th. We are excited for a great book fair! All funds raised from the Book Fair will go to buying new books for our NBMS Library Media Center. The Book Fair will be open from 7:45am-3:00pm on Monday thru Thursday of that week. On Friday, February 14th, the Book Fair will be open from 7:45am-1:00pm.

Our Media Center staff, Ms. Woods & Ms. Kennedy, will be running the Book Fair, but would love some parent help assisting students and running the cash register. They will show each parent who helps with the cash register how to use it at the book fair.

The days & time slots that the Media Center staff need assistance are in the below Sign Up Genius. Thanks in advance for your help!

<https://www.signupgenius.com/go/409094EAAAD2BA0F58-nbms>

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 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

MealViewer, the new interactive menu platform for Montgomery County Public Schools breakfast and lunch menus. MealViewer will launch on Sunday, December 8, 2024. Portable document format (PDF) menus will remain available through December 2024. Starting January 1, 2025, PDF menus will no longer be available.

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 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; 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/>

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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.

Warmly,

Mr. Daniel E. Werbeck

Acting Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)