



**May 19, 2024**  
**North Bethesda Middle School**  
**News and Notes**



## **North Bethesda Middle School Upcoming Events**

- May 20 8<sup>th</sup> Grade MCAP Social Studies Special Schedule 6<sup>th</sup> Grade Outdoor Ed Session 1  
May 21 8<sup>th</sup> Grade MCAP Social Studies Special Schedule 6<sup>th</sup> Grade Outdoor Ed Session 1  
May 22 8<sup>th</sup> Grade MCAP Social Studies Special Schedule  
6<sup>th</sup> Grade Outdoor Ed Session 1 Ends Students return at approximately 1 p.m. 6<sup>th</sup> Grade  
Outdoor Session 2 starts.  
May 23 8<sup>th</sup> Grade MCAP Social Studies Special Schedule 6<sup>th</sup> Grade Outdoor Ed Session 2  
May 24 Regular Schedule Period 2 Phoenix Time  
6<sup>th</sup> Grade Outdoor Ed Session 2 Students return at approximately 1:00 p.m.

### REGULAR SCHEDULE

[link for the MCAP Social Studies 8 Schedule](#)

## **Regular Schedule**

**2023-2024 SCHOOL HOURS: 8:15 – 3:00 p.m.**

Parents, please drop off students in the drop off loop.

**(Entrance on Bradmoor Drive – note: Johnson Drive is for buses only)**

### Administrators

Grade 6 [Katherine\\_B\\_Rudd@mcpsmd.org](mailto:Katherine_B_Rudd@mcpsmd.org)

Grade 7 [tirza\\_carmichaelcollins@mcpsmd.org](mailto:tirza_carmichaelcollins@mcpsmd.org)

Grade 8 [Daniel\\_E\\_Werbeck@mcpsmd.org](mailto:Daniel_E_Werbeck@mcpsmd.org)

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

### GRADE LEVEL UPDATES/QUARTERLY VOCABULARY

Please click on this [link](#) to go to the NBMS webpage where you can find the weekly grade level updates and quarterly vocabulary lists. The grade level updates can be found under the Academics tab on our school webpage.

### MCPS Calendar

To report Bullying and Harassment, please use this [Bullying and Harassment Form](#)

Dear North Bethesda Families:

This past week, students completed the MAPR and MAPM. Preliminary data analysis shows that the majority of our students demonstrated growth in their reading and math achievement. This is evidence of our students' hard work and focus and our teachers' commitment to and skill providing excellent standards-based instruction.

On Wednesday, the PTSA held their final meeting of the school year. I am thankful for their support of our school, staff, students, and community!

Please check out the recording of Dr. Resnik's informative presentation on Motivation at [this link](#). As the brain re-models itself during early adolescence, many teens struggle to sustain the self-motivation needed for middle school and beyond. Middle school is a time when even bright, highly motivated kids can lose their "spark" or find themselves caught up in self-defeating habits. In this presentation, Dr. Rebecca Resnik shared new research about what sparks and sustains motivation.

**8<sup>th</sup> Grade Parents:** Please remind your students to bring their fully charged Chromebook to school Monday through Thursday so they are prepared to take the 8<sup>th</sup> grade social studies MCAP exam. Thank you!

In this week's news and notes, you will find information on the following topics:

1. Our successful Cupcake Wars Competition
2. The County Art Exhibit at Montgomery Mall
3. Outdoor Education
4. Courtyard Supervision: Call for volunteers to supervise the courtyard during lunch.
5. Ms. Rice's Counseling update on the importance of staying connected to your teen.
6. 8th Grade Events: Details about the eighth-grade social, panoramic photo ordering, end-of-year events, and Hershey Park trip.
7. Summer Opportunities: for rising ninth graders at Walter Johnson.
8. MCPS Parent Resources: MCPS news, ParentVue access instructions, and school-specific information on attendance and student service learning.
9. Student Service Learning Information

## **CUPCAKE WARS**

Thursday evening, the PTSA hosted a great Cupcake Wars. I had the honor of emceeding this great event. The creativity the students demonstrated as they designed cupcakes with the themes of Bugs, Flower Garden, and the 2024 Summer Olympics was impressive.

## **COUNTY ART EXHIBIT**

If you have not already had a chance, please make sure you make your way to Montgomery Mall before Monday at 5PM. NBMS student artwork is on display on the lower level near Ann Taylor. Thank you to Ms. Johnson and Ms. Stentz for setting up a display full of stunning student art! I shared pictures at the PTSA meeting, and you can find the pictures of the display in the daily global announcements in Canvas.

## **OUTDOOR EDUCATION**

This coming week our sixth-grade outdoor education sessions one and two take place. The weather forecast looks excellent for some outdoor learning down at Camp Letts on the Chesapeake Bay. Thank you in advance to Jen Byrd, our ODE organizer, the teachers who will be instructing students, and the parent chaperones who are giving up their time and creature comforts to chaperone this memorable learning experience!

## **COURTYARD HEROES**

Now that the weather is better, we would like to open the courtyard for lunch again. Please consider signing up to supervise the courtyard using the link below! Shout out to Mr. Richard Cohen, 8<sup>th</sup> grade parent, who has been regularly signing up for Friday courtyard duty!! We appreciate you.

<https://www.signupgenius.com/go/5080448AFAA2CA1F85-49075754-courtyard>

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

When a baby is born, we are encouraged to give them skin-to-skin contact, we rock them and snuggle them, we anticipate their needs and do what we can to meaningfully connect. As humans, our well-being depends on many factors, but meaningful connection is by far the most important. As our children get older, we need to do different things to stay connected and we cannot always anticipate our tweens' mental state. In the book, Staying Connected with Your Teen: Polyvagal Parenting Strategies to Reduce Reactivity, Set Limits & Build Authentic Connection by Yshai Bousi, LPC, there is a goldmine of parental support and guidance and I'd like to share some with you over the next few weeks.

You'll notice that I refer to your baby, your child, your tween, and your teen at different times, it's my way of saying that this applies at all stages of life!

It's helpful to note that our tweens, as well as ourselves, can be in one of these three states of being: shutdown, activated and regulated. Before you can connect with your tween, you need to help them move from the shutdown state, a feeling of being withdrawn, disconnected and unmotivated, or activated state, where anxiety and anger live, to a regulated state, a feeling of calm and peacefulness where we can easily feel more excitement and enthusiasm, give and receive

affection, listen well, feel optimistic and experience true joy. The sustaining instinct we give to our babies to help them soothe that I opened with is called coregulation and coregulation is how we move our children from shutdown or activated to a regulated state.

The magic to co-regulating your child is connection.

Connection begins with us, with the parents or caregivers. First, let's talk about the ways you are unintentionally contributing to a disconnect with your child, and then we'll focus on how to connect.

Five ways you may be unintentionally creating a disconnect with your tween:

- When they push you away, you take it personally and withdraw.
- You're too busy and distracted and missing opportunities to connect.
- You have negative thoughts about your child - even if you aren't saying them aloud your teen is picking up on your demeanor.
- Your impatience is based on unrealistic expectations.
- When your child gets angry, you get into a battle of wills with them.
- Bonus - Your child has severe mental health issues, is struggling to connect with anyone right now, and you haven't sought treatment.

Bousshi says, "There is no more important variable influencing their long-term happiness and mental health than the relationship they have with you." So, how do you build that connection? Bousshi says we must PACE ourselves, and he defines each step of PACE, but he also gives these tips which are a must for PACE to work.

- Be aware of the message your body is sending - only 7% of communication is verbal, the rest is body language, voice, and tone - sometimes our words, body language, and tone don't align, and our actions speak louder than our words.
- Make an effort to stay open and available - when you're feeling a bit rejected by your child, remind yourself that *it's not personal*.
- *Want* to listen. Put in the effort and the energy to really listen to your child, even be willing to be wrong about something. Your teen will respect you more if you admit your mistakes and acknowledge their good ideas. Remember that listening is often enough - you don't always have to fix something.
- Keep things short and sweet - Do you recall your toddler who needed to hear "Table, please" when you wanted them to come to dinner? Our teens can't process everything we're saying when we lecture, and often tune it all out. Sometimes this creates more stress and anxiety. (I'm so guilty of this one!)
- Offer physical affection - Physical affection from a trusted other reduces stress and pain. Find out what type of touch works for your child - a hand on

the shoulder, a hug, a fist bump, cuddling before bed, and make sure you know the signs for when your teen does not want to be touched.

- If you've got a particularly tough tween, look for the exceptions in their behavior and praise the traits you want to see grow, like bravery, kindness, resilience, helpfulness, you get the picture.

Contrary to what they may say, or what their body language shows, our children/tweens/teens want to connect with us, they want boundaries that make them feel safe, and they want their parents to have an active role in their life. In an effort to keep things short and sweet, "That's enough for right now." I'll dive into the P-A-C-E of PACE next week. If you just can't wait, I encourage you to read the book. After all, building authentic connection takes time.

### Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
  - **Free Parent Support Group EVERY Monday at 1:00pm:** *May 20th - Nutrition and Neurodiversity*; [register in advance for zoom link](#)
  - [Spring Parent Child Excursions](#), Tuesday mornings from 10:00-11:00am on Zoom beginning April 9th with Dr. Dan Shapiro, "pick what you like, pay what you can" - May 21, 28 - Helping Your Child Experience Social Success
- PEP Webinar: Family Meetings: [Solving Problems as a Team](#) - May 29th from 8:00-9:00pm. \$25
- MCPS Parent Academy:
  - [What's Narcan?](#) - May 21st from 6:00-7:30pm - Learn about the dangers of opioids and how to use Narcan. Participants will receive a free Narcan first aid kit.
  - [Mindfulness: Managing Stress During Difficult Times](#) - May 22nd from 6:00-7:00pm - Learn to use mindfulness to manage emotions and increase focus, motivation, and communication.
- **Summer Opportunities for Students:**
  - Summer Reading Skills programs through Loyola University of Maryland - for students of all ages, call for information, 1-800-499-8557, or [see this site](#).
  - Hone your writing skills with a veteran Certified English Teacher and local legend - [www.robertguisetutoring.com](http://www.robertguisetutoring.com)
  - 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; [Register here](#)
  - Walter Johnson High School Summer 9th Grade Success Class - a 1-week class designed to prepare incoming 9th graders for the academic challenges of high school with organizational and time management strategies, test-taking practices, and study skills. \$100 - July 22-26 from 9:00am-12:00pm; [Register!](#)

# 8<sup>th</sup> GRADE INFORMATION

## 8th GRADE PANORAMIC PHOTO

Order an 8th Grade Panoramic Group here: <https://vando.imagequix.com/s1948471293>

Please use your student ID as your online code

For questions or about ordering, please contact Victor O'Neill Studio: [underclass@vosphoto.com](mailto:underclass@vosphoto.com)

## 8th Grade End of Year Events

### Volunteers Needed & Student RSVP for the 8th Grade Social on May 31<sup>st</sup>

Dear Parents, Guardians and Caregivers of 8th Graders,  
We are thrilled to provide you with the final details regarding the upcoming 8th Grade Social scheduled for Friday, May 31<sup>st</sup>, from 6:30 PM to 8:30 PM. The event will take place in the cafeteria and gymnasium at NB-- under the neon lights! There will be a DJ and dancing, a photo booth, games in the gym, and a light dinner and dessert provided.

Here are a few things we need to make this event delightful and memorable for our students.

**1. Parent Volunteers!** Please follow [this link](#) to sign up to help with decorations, food, deliveries, registration and more. We need lots of hands to make this event safe and fun.

**2. Have your students RSVP using their school account!** There is no cost for this event, but please have your child RSVP by clicking [here](#) to by Friday, May 10. This link will be posted in the Global Announcements and in the eighth grade Team Canvas classroom for students to register. Students will be checked in at the door, and only students on the list will be permitted to enter the building.

### 3. The Fine Print

- **Casual Dress Code:** Students are encouraged to dress comfortably for the occasion. Students voted for casual dress -- interpret as you wish, but please adhere to the school's dress code guidelines.
- **One Time Entrance:** Once students have entered the dance, they will not be permitted to leave and return. This policy is in place to maintain a secure environment throughout the event.
- **NB Students Only:** This event is exclusively for eighth-grade students at North Bethesda Middle School. We kindly ask that students refrain from inviting guests from outside the school.

We want to create a memorable and enjoyable experience for our eighth graders as they celebrate the culmination of their middle school journey. We look forward to volunteers, and please note our planning committee is entirely moms, so let us have ALL parents step up :)

If you have any questions or concerns, please feel free to contact Dan / Monica (8th Grade Admin), or Amy (volunteering) or Maia / Jen (other social questions). Thank you for your support, and we look forward to celebrating with you and your child on May 31st!

Warm regards,

The 8th Grade Social Team + North Bethesda Middle School

Maia Heyck-Merlin, Ada Levner's Mom, maia.heyck.merlin@gmail.com

Jen Sloan, Coco Booth's mom, jennifersloanbooth@gmail.com

### **8th Grade Trip to Hershey Park - June 11, 2024, 8:15 a.m. to 7:45 p.m.**

Here is the link [to the Hershey Park permission slip](#)

<https://drive.google.com/file/d/1PvMm-SZeDK4eeY6xYBJzG2JLkomP0gpO/view?usp=sharing>

### **8th Grade Promotion:**

Due to space constraints at North Bethesda Middle School, our tradition involves hosting a staff-student only promotion celebration. This event is recorded and shared with families for their convenience. The celebration includes speeches from both students and staff, recognition of academic and extracurricular achievements, special awards, musical performances, student slides, and messages from teachers. This year, the celebration is scheduled for Wednesday, June 12, 2024, at 1:00 PM.

## **OPPORTUNITIES FOR STUDENTS**

### **Walter Johnson High School**

#### **Summer 9<sup>th</sup> Grade Success Class**

Walter Johnson High School is offering a 1-week summer class designed to prepare students for the academic challenges of high school. Students will learn organizational and time management strategies and a variety of test-taking practices and study skills. Students will also identify their specific learning styles and how to use their strengths to be successful in high school.

The cost for this class is \$100 (service fee not included) After you register, you will receive an email for online payment instructions. (Financial assistance is available)

Please fill out the form below to register your student to participate in the 9th Grade Success Class at Walter Johnson High School this summer.

Dates: July 22-26

Time: 9:00 a.m.-12:00 p.m.

MCPS Transportation is NOT provided.

Email Mr. James Heintze ([James\\_T\\_Heintze@mcpsmd.org](mailto:James_T_Heintze@mcpsmd.org)) if you have questions.

Please fill out the **Registration Form** to participate in the 9<sup>th</sup> Grade Success Class at Walter Johnson High School this summer.

**Register Today! This class will fill up quickly!**

### **Walter Johnson High School Summer Math Prep**

Walter Johnson High School is once again pleased to offer non-credit math prep classes this summer. These 1-week courses are designed to prepare students for their next math course for the upcoming 2024-2025 school year. The cost for each prep class is \$100 (service fee not included). Once you register, you will receive an email for online payment instructions.

MCPS Transportation is NOT provided.

#### Available Math Prep Classes

Algebra 1 Prep: July 15-July 19

Geometry/Honors Geometry Prep: July 15 - July 19

Algebra 2/Honors Algebra 2 Prep: July 15 - July 19

Precalculus/Honors Precalculus Prep: July 22 - July 26

Calculus Prep: July 15 - July 19

Class Time: 9:00 a.m.- 12:00 p.m.

Please fill out the [Registration Form](#) to participate in the in-person Math Prep courses at Walter Johnson High School this summer. Class offerings are subject to change based on final enrollment.



Register Today! These classes will fill up quickly! Please email Mr. James Heintze (

## **MCPS PARENT RESOURCES**

### [MCPS UPDATE 5/16/2024](#)

#### [Parent Academy](#)

#### [Pathway to College, Career, and Community Readiness](#)

#### [MCPS News Center](#)

Webpage featuring the latest MCPS news and press releases updated regularly.

#### **Ask MCPS / Spanish Hotline**

General information about MCPS

Call: 240-740-3000 | Spanish Hotline: 240-740-2845

E-mail: [ASKMCPS@mcpsmd.org](mailto:ASKMCPS@mcpsmd.org)

#### **PARENTVUE ACCESS**

Instructions for getting started with ParentVue can be found at <http://bit.ly/synergyparent>. If you need an activation code, please contact our registrar, [marybeth\\_turska@mcpsmd.org](mailto:marybeth_turska@mcpsmd.org)

In the counseling office or ask our main office staff.

## **NBMS HELPFUL 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.** 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.**

If you have any questions, please contact the Department of Transportation Bethesda Bus Depot at **240-740-6580**.

### **STUDENT SERVICE LEARNING (SSL)**

All 6th, 7th, and 8th grade completely filled-out, electronic and hard copy, SSL Verification forms turned in by May 9, 2024, were processed. Forms turned in after

May 9, 2024, will be processed by the May 31, 2024, due date. Step-by-step directions for checking SSL hours => <https://bit.ly/SSLonVUE> If your hours are not updated, please check your StudentID@mcpsmd.net Gmail account for an email from Ms. Jurewicz (you may need to complete your SSL Verification form). SSL forms need to be completely filled out to be processed. Please check your StudentID@mcpsmd.net Gmail account daily for SSL emails (and of course other important emails). \*\*\* Please email Ms. Jurewicz if there is an error, email address is Carla.A.Jurewicz@mcpsmd.net \*\*\* \*\*\*Students and adults please join the NBMS SSL MyMCPS Classroom to receive SSL information specific to NBMS. Link => <https://mcpsmd.instructure.com/enroll/FC6DG7> \*\*\*

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

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)