



May 26, 2024
North Bethesda Middle School
News and Notes



North Bethesda Middle School Upcoming Events

- May 27 No school for students and staff - Memorial Day.
- May 28 Regular Schedule Phoenix Time period 4
- May 29 Regular Schedule Phoenix Time period 5
6th Grade Outdoor Education Session 3
- May 30 Regular Schedule Phoenix Time period 6
- May 31 Regular Schedule Period 7 Phoenix Time
Outdoor Education Session 3 returns approximately 1 PM.

8th Grade End of Year Social 6:30 – 8:30 p.m.

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

Grade 7 tirza_carmichaelcollins@mcpsmd.org

Grade 8 Daniel_E_Werbeck@mcpsmd.org

Principal 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, sixth graders attended Session 1 and Session 2 of our outdoor education program. I had the opportunity to visit students during both sessions and see how students were enjoying the opportunity to have this outdoor learning experience. I appreciate the teachers and parent chaperones who made this possible. Next week, students in session three will depart on Wednesday and return around 1:00 p.m. on Friday, 5/31.

We are looking forward to our eighth graders coming together for their end of year 8th grade social on Friday at 6:30 p.m. at NBMS. The parents and staff have been meeting regularly to plan for this fun and free celebratory event! Please make sure your eighth grader has RSVP'd at the link you can find in the News and Notes or in the global announcements.

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

1. Information from our registrar on what to do if your rising ninth grader is NOT attending Walter Johnson High School or if your rising 7th or 8th grade student will NOT be attending NBMS next year.
2. Walter Johnson Listserv and PTSA information for rising ninth grade families.
3. Courtyard Supervision: Call for volunteers to supervise the courtyard during lunch.
4. Ms. Rice's Counseling update on ways to connect with your teen.
5. 8th Grade Events: Details about the eighth-grade social, panoramic photo ordering, end-of-year events, and Hershey Park trip.
6. MCPS Parent Resources: MCPS news, ParentVue access instructions, and school-specific information on attendance and student service learning.
7. Student Service Learning Information

IMPORTANT INFORMATION FROM THE WALTER JOHNSON HIGH SCHOOL PTSA

Congratulations on your eighth graders finishing middle school! 😊

If your child will be attending Walter Johnson High School in the fall, we encourage you to sign up for the WJ PTSA listserv NOW so that you receive messages over the summer about the start of the school year, including the timing of fall sports try-outs, currently on schedule to begin August 14, 2024, Freshman orientation and more. You do not have to be a PTSA member to be signed up for the listserv, but we encourage you to join the PTSA when the membership drive starts in the summer.

[TO SUBSCRIBE to the WJ PTSA listserv:](#)

Send a blank email to wjptsa+subscribe@groups.io and you should be added to the group. For more information about the listserv, as well as the WJHS Discussion listserv, please visit the WJ web site PTSA pages: <https://www2.montgomeryschoolsmd.org/schools/wjhs/listserv/>

If you student is interested in athletics during any season at WJ, the official start dates for athletics 2024-2025 are listed below:

(All tryouts and practices will begin on that date or after). It is expected that all student athletes will attend all tryouts and practices at that time.

2024 – 2025

Fall Start Date: Wednesday, August 14, 2024

Winter Start Date: Friday, November 15, 2024

Spring Start Date: Saturday, March 1, 2025

For more information, please contact the Varsity or Junior Varsity Coach of the respective sport you are interested in. This info can be found at the following link:

[2024-2025 Walter Johnson Coaching Staff](#)

While most information will also be posted to the WJ PTSA listserv, the primary mode of communication and announcements for WJ athletics moving forward will be through the website wjathletics.org, Twitter [@wjwildcats](https://twitter.com/wjwildcats), and Instagram [@wjwildcatathletics](https://www.instagram.com/wjwildcatathletics), so please join those if you are interested.

Please let me know if you have any questions or problems joining the WJ listserv and Welcome to WJ!

Enjoy your summer! 😊

Thanks,

Debby Orsak

WJHS 2023-2024 PTSA President

debby@cagley.com

A MESSAGE FROM OUR REGISTRAR

For students who are not returning to NBMS or articulating to Walter Johnson High School because of moving, attending a private school, or another MCPS high school, please alert Mary Beth Turska, Counseling Secretary and Registrar by calling 240-740-2110 or email her at marybeth_turska@mcpsmd.org

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!

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

MS. RICE'S COUNSELING UPDATE

Hopefully, last week you found some nuggets of information that will lead you to having a better understanding of how to connect with your teen. Yshai Boussi, LPC, shares that you must PACE yourself in his new book, [Staying Connected with Your Teen: Polyvagal Parenting Strategies to Reduce Reactivity, Set Limits & Build Authentic Connection](#). His accounting of the acronym PACE stands for playfulness, accountability, curiosity, and empathy. Let's delve into how to use each one to your advantage.

Playfulness - Engaging with our children in playful ways sends signals that all is okay. There are many ways to be playful: sharing jokes, tossing a ball, free dancing, playing a game, and so many more. When we are playful, we exude happiness. Some of us feel bogged down with stress from our jobs and emotionally drained from being a parent and struggle to be playful or act happy without a drink or a gummy. We don't want to send the message that being an adult is all hard work and we do want to connect with our kids, so it's important to make time, even tiny moments, to be playful, even a smile goes a long way. Also, when being playful, it's important to make sure your timing is right (in the throes of big emotions stick to empathy and care), that you're not trying too hard (because teens can see right through that), and that you lay off the sarcasm (if it doesn't land well it can create more distance.) In general, adopting more playfulness and lightheartedness with your tween will benefit both of you because it's super regulating!

Acceptance - We want to convey the message that all thoughts and feelings are acceptable, valid, and welcome; however, all behaviors are not. Important to note that poor behaviors often grow from suppressed thoughts and emotions. I often hear students tell me they don't share things with their parents because they think they can't handle it, they'll be angry, or it will stress them out or upset them. Tweens who feel this way put a lot of energy into hiding those thoughts and feelings and these are the same teens who get into trouble for their behaviors. The best way to support them is to talk less and listen more; don't try to find a solution, just try to accept where they are and how they are feeling. Remember, acceptance does not mean agreement, it simply means acknowledging their views and feelings.

Curiosity - This naturally follows acceptance as once you've heard your teens thoughts and feelings you may wonder where they stem from. Rather than try to find solutions, or make assumptions, because there are many situations where I'm sure you have them, get curious and ask questions. Assumptions often lead to lectures which get tuned out, but curiosity leads to opening up and connection. With connection as your priority, don't worry about right and wrong, just be curious and ask open-ended questions and see how much your teen will share. For some teens who have grown up with family conflict or trauma, they may push back on curiosity with opposition and say things like, "Why are you asking?" or "What do

you care?" This is the result of a nervous system that's shut down or activated on a regular basis - remember that connection happens in the regulated state. Just keep showing up, hang on for the long ride, and show them that your love can outlast this state.

Empathy - The final step of PACE is our capacity to feel some of what another person feels. We must be genuinely curious for our empathy to register with our child. Empathy is a skill that takes practice, we get better the more we do it, and it requires our vulnerability to being changed by another person's experience. Empathy is a way of resonating with someone's experience while still holding onto your own thoughts and feelings. If you're thinking, I'm not capable of empathy, you're wrong, we all have the capacity. However, we aren't able to be empathetic when we are activated, or when we are shut down from too many emotions being stored up over time. In these situations, some regulation may be needed first in order to feel empathy for someone. If you struggle to feel empathy for your child, I encourage you to go back and practice some playfulness and acceptance first.

I hope PACE will get you started on your connectedness journey with your teens. Even if you already have a good relationship, these skills will only bring you closer. Each of these steps depends on the step before, it's hard to be empathetic if you don't accept your teen, it's hard to be accepting if you don't play together, you get the point. Your relationship with your teen sets the tone for relationships they will form in the future and builds their capacity for resilience and joy in life.

Again, if you want to read more, I highly encourage you to pick up Yshai Boussi's book. It's been transformative for me, which is why I'm sharing.

Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** *June 3rd - Collective Action and Screens*; [register in advance for zoom link](#)
- PEP Webinar: Family Meetings: [Solving Problems as a Team](#) - May 29th from 8:00-9:00pm. \$25
- CASE Webinar: Build Executive Function Skills - June 13 from 7:00-8:30pm, learn the 8 different executive function skills, why transitions are hard for children with ADHD and learning differences, and strategies to create a smoother transition from school to summer
- **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 **critical reading** and **writing** skills with a veteran Certified English Teacher and local legend - www.robertguisetutoring.com
- Looking to be active - check out one of the local **basketball** camps run by our very own teachers and coaches.
- 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 ninth 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!](#)

8th 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

8th Grade End of Year Events

Volunteers Needed & Student RSVP for the 8th Grade Social on May 31st.

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 31st, 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

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

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

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

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 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](#)