



June 9, 2024
North Bethesda Middle School
News and Notes



North Bethesda Middle School Upcoming Events

- June 10 Regular Schedule Phoenix Time period 6 Locker Clean Out
- June 11 Regular Schedule Phoenix Time period
7 Color Wars for 7th Grade
8th Grade field trip to Hershey Park
- June 12 [Special Schedule](#)
8th Grade Promotion Ceremony for students and staff 1-3 PM
- June 13 Last Day of School [Early Release Day](#)
- June 14 Last day for teaching staff – No school for students.

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:

It's here! The final week of a fantastic school year. This will be the last news and notes of the 2023-2024 year. It's gone by so fast. I hope everyone enjoys a wonderful summer.

. If your child is returning to NBMS next year, you can expect an electronic summer mailing near the end of July. In the meanwhile, here are a few dates to remember for the fall:

- August 22nd: 6th grade orientation and orientation for new 7th and 8th graders to NBMS.
- August 26th: First day of school.
- August 29th: Back to School Night

We wish our 8th grade students well as they move on to high school. This class will be truly missed. They are amazing, talented, and resilient. They are the first class to have completed all three grade levels in person after the systemwide closure resulting from the COVID-19 pandemic. I hope they stay in touch and share their accomplishments and experiences. They will always be members of our Phoenix family.

This past week, we enjoyed a phenomenal spring concert by our instrumental and choral students. I felt like I was at the Kennedy Center as I watched the performances. Mr. McFeaters and Ms. Hepburn, both in their 20th year at NBMS, continue to deliver a stellar music program! Mr. Loebach, our part-time music teacher, did a great job stepping in mid-year to teach our 7th grade band. They sounded fantastic!

The eighth graders also had their hearing and vision testing and turned in their Chromebooks. Students will be receiving financial obligations for lost chargers or other damages. Many students still have library books out. Please encourage your child to look under their bed, in their backpacks, and in their lockers for any library books so they can be returned and enjoyed by another student next year!

Eighth grade students received their yearbooks and 6th and 7th grade students are receiving their yearbooks on Monday if they haven't already received them. The yearbook committee, under the guidance of Ms. Jemi Lui, did a beautiful job capturing our school community in the pages of the yearbook.

Thank you to the parents who have volunteered in the courtyard and who donated snacks for our staff meeting last Monday. The PTSA has also arranged a last day of school luncheon for the teachers!

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

1. IMPORTANT information for 8th graders regarding Hershey Park – PLEASE READ
2. Information on summer reading and math work.

3. Information from our registrar on what to do if you're 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.
4. Chromebook check and optional Chromebook return for 6th and 7th graders as well as message regarding lost chargers.
5. Walter Johnson Listserv and PTSA information for rising ninth grade families.
6. Courtyard Supervision: Call for volunteers to supervise the courtyard during lunch.
7. Ms. Rice's Counseling update about teens and sleep.
8. MCPS Parent Resources: MCPS news, ParentVue access instructions, and school-specific information on attendance and student service learning.
9. Updated Student Service Learning Information

IMPORTANT INFORMATION ABOUT HERSHEY PARK

Students will be going over the procedures and expectations of the Hershey Park trip in their Social Studies classes on Friday, June 7th, and Monday June 10th. Here are the [slides](#) students saw, and here's a [document version](#) of the trip highlights.

Student bus lists will be posted Monday morning in the D100 hallway.

Some important notes for parents:

- Walkers and Car Riders need to be at the school by 8 AM. We will leave as soon as all of the school buses have dropped off all students.
- In the morning, please do not park near or block access to the tennis court parking lot, as the charter buses will be using it for our boarding area.
- We will have students call parents when we are about 30 minutes away from school, but usually we get back to NBMS around 7:30 PM – so PLEASE BE HERE to pick up your student on time.
- When we return in the evening around 7:30 PM, we will be using the regular school bus drop-off area. Please do not block or park in the main bus loop area, as there is not a lot of room for the charter buses.
- **Hershey Park IS CASHLESS - Hershey Park is cashless and accepts all major credit cards, debit cards, Visa gift cards, Hershey Park gift cards, as well as Apple Pay, Samsung Pay and Google Pay. For guests who may not have credit or debit cards, they can convert cash to prepaid debit cards at the Cash-to-Card kiosks stationed around the park. There is no fee to load cash onto a card at these kiosks. Please check the app for locations.**

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 your 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

SUMMER READING AND MATH WORK

Summer Reading and Math assignments have been posted on the NBMS website. Click [here](#) for more information.

POLARIS

Writer's Club has worked hard this past semester to bring to you the Spring edition of our school's magazine: Polaris! Survey results, as well as poems and articles, are within our magazine. You can find it on [this link](#) to the school website, as well as a hard copy of this edition and the fall edition in the media center

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>

CHROMEBOOK RETURN

Sixth and seventh graders are not required to return their Chromebooks; however, we are encouraging 6th and 7th grade students to leave their Chromebooks in the media center to decrease the likelihood of damage or loss over the summer. Students will have the opportunity to leave them in the media center during the last week of school.

8th Graders and Chromebook Chargers

Many 8th graders have told us that “they never got a charger” – every single student at NBMS was given a charger for their Chromebook upon the start of 6th grade or when they enrolled at NBMS.

If a student lost the charger, MCPS will issue a \$25 fee.

MS. RICE'S COUNSELING UPDATE

School's just about out for summer! This is my last newsletter for the year. Yay, no more early morning wakeups (well, just three or four), constant reminders to get out of bed and off to school on time or struggles to drag your child into school.

Now your child can blissfully sleep in and hopefully so can you! But what if you think your teen is sleeping too much?

When a routine is lost, we sometimes also feel lost. So, if your teen is sleeping the day away, it's worth paying attention. There are many reasons teens sleep a lot:

- They are making up for a school year sleep debt. Teens generally need 8-10 hours of sleep a night, and if they aren't getting that during the school year, they may spend the start of summer break making up for it. Research shows that it takes nine days of unrestricted sleep to recover from a perpetual sleep debt.
- A shift in sleep hormones. Starting around age 11 the body begins producing melatonin later and later in the day, thus your child stays up later and sleeps in longer. This is always the data used when there is a push for later high school start times!
- Depression. Sleeping all day can be a symptom of depression, or it can be a trigger for depression. A well-rested mind is better able to cope with life stressors in a healthy way, but it's important to engage in healthy physical activity with family and friends too.
- Anxiety. They might struggle to sleep and therefore be tired a lot or stay in bed to avoid a social situation. Like depression, anxiety can go both ways by being the reason or the trigger.
- Tech addiction can also impact sleep. Even if a teen's natural sleep cycle has shifted later, they still require sleep at night and exposure to sunlight during the day. Sleep deprivation due to technology use can start a negative cycle and a tired brain is more prone to addiction, depression, and anxiety.

It takes time to adjust to a new routine, but keep in mind, this summer and always, encourage healthy sleep routines. Help your teens avoid early morning commitments so they get the rest they need daily. Use technology for good and consider an alarm clock that gradually brightens to mimic the dawn. Find ways to keep your teen active outdoors, there are many mental health benefits of nature and being physically active helps you sleep at bedtime. Encourage your teen to reconnect with sources of joy and help them understand that they should be in control, not sleeping.

Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm: June 10 - Structure Up or Let Go? What to Do With Time Out of School;** [register in advance for zoom link](#)
- 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

- PEP Parent Webinar: [Kids & Summer Break: Chores, Cooperation & Fostering Independence](#) - Tuesday, June 18 from 8:00-9:00pm, \$25
- **Summer Opportunities for Students:**
 - NEW! [MCPS Cyber Camp](#) - Rising 7th, 8th and 9th graders can learn cyber security skills from home at this free virtual summer camp, Monday- Thursday from 9:00-12:00pm or 1:00-4:00pm in late June and early July.
 - 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 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!](#)

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.

MCPS PARENT RESOURCES

[MCPS PARENT UPDATE 5/30](#)

[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)

Dear 6th, 7th, and 8th grade students and their families,

All 6th, 7th, and 8th grade completely filled-out, electronic and hard copy, SSL Verification forms turned in by June 7, 2024 (May 31, 2024, due date), were processed.

*** Please check SSL hours, step-by-step directions for checking SSL hours => <https://bit.ly/SSLonVUE> Email Ms. Jurewicz ASAP at Carla.A.Jurewicz@mcpsmd.net if there is an error ***

Completed SSL Verification forms for hours earned after May 31, 2024, including during the summer, should be submitted in September 2024.

Current 8th-grade students should submit completed SSL Verification forms dated May 31, 2024, or later to their high school SSL Coordinator.

Course-Embedded SSL Hours - Full Year Thirty SSL hours may be earned through full participation in middle school courses:

- Counts towards the Superintendent Award
 - Grade 6 science (Outdoor Education), 10 hours
 - Grade 6 English for ELs (formerly known as ESOL), 10 hours.
 - Grade 7 English, 10 hours
 - Grade 7 English for ELs (formerly known as ESOL), 10 hours.
- Does NOT count towards the Superintendent Award
 - Grade 8 social studies, 10 hours
 - Grade 8 English for ELs (formerly known as ESOL), 10 hours.

SSL coordinators should NOT add any course-based SSL hours to Synergy, hours will be added during the summer to students' SSL records for students who complete the service-learning project. [SSL Information and FAQ flyer](#); hard copies are available in the Counseling Office, and your student should have received one in homeroom during the first week of school. For SSL forms, guidelines, resources, and much more click on the MCPS SSL Hub => <https://bit.ly/SSLHubMCPS>

***Students and adults please join the NBMS SSL MyMCPS Classroom to receive SSL information specific to NBMS. Link => <https://mcpsmd.instructure.com/enroll/FC6DG7> *** Please share this link with students, family, and friends.

SSL (Student Service Learning) Opportunities

[Nonprofit-Hosted SSL Opportunities](#) (bit.ly/SSLOpportunities) - Find approved SSL opportunities

[Nonprofit-Hosted Virtual/Remote SSL Opportunities](#) (bit.ly/VirtualSSL2020) - Find approved virtual/remote SSL opportunities

[Monthly SSL Opportunities](#) (bit.ly/SSLOpps23-24) See highlighted SSL opportunities for each month

[SSL Program Overview Slideshow](#) (bit.ly/SSLOverview2020) - Learn key information about the SSL program

[SSL Interactive/Live Flowchart](https://bit.ly/SSLLiveFlowchart) (bit.ly/SSLLiveFlowchart) - Walk through the steps of the SSL process (interactive!)

[SSL Flowchart](https://bit.ly/SSLFlowchart) (bit.ly/SSLFlowchart) - One-page flowchart of each step of the SSL process

[Introduction to SSL Handout with Flowchart](#) One-sheet introduction to SSL program

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)