



October 27, 2024  
North Bethesda Middle School  
News and Notes



**NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS**

Monday, October 28 Regular Schedule Period 2 Phoenix Time 8th Grade Hearing and Vision Testing

SGA SPIRIT WEEK (details below)

NBMS FOOD DRIVE

Tuesday, October 29 Regular Schedule Period 3 Phoenix Time

NJROTC Program at Kennedy High School- Info Mtg 8th Gr. Lunch

Wednesday, October 30 Regular Schedule Period 4 Phoenix Time

Girls Softball v. Kingsview  
Cross Country vs Frost at Home,  
Boys Softball @ Odessa Shannon

Thursday, October 31 Regular Schedule Period 5 Phoenix Time

Girls Softball away @ Tilden (make up game)

Friday, November 1 Regular Schedule Period 6 Phoenix Time

END OF MARKING PERIOD

**Reminder**

Monday, November 5th NO SCHOOL FOR STUDENTS

Tuesday, November 6th NO SCHOOL FOR STUDENTS OR STAFF -Election Day

***UPCOMING IMPORTANT DATE – November 11, 2024 – NBMS OPEN HOUSE DAY (More details below)***

**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.**

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](mailto:Daniel_E_Werbeck@mcpsmd.org)

Grade 7 [Katherine\\_B\\_Rudd@mcpsmd.org](mailto:Katherine_B_Rudd@mcpsmd.org)

Grade 8 [tirza\\_carmichaelcollins@mcpsmd.org](mailto:tirza_carmichaelcollins@mcpsmd.org)

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

Greetings North Bethesda Families:

Eighth graders enjoyed a fabulous social on Friday, October 25. Thank you to the parent and student volunteers and our teacher chaperones for coming out for a great time! Last week, thanks to the NBMS counselors, we had an amazing Mental Health Awareness Week. We also took time to thank our amazing bus drivers for being an integral part of our students' educational experience.

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

- Information regarding new staffing and possible schedule changes for Quarter 2
- Our upcoming SGA Sponsored Spirit Week
- Our upcoming open house on November 11, 2024
- Hardest Math Problem
- The NBMS Kids Helping Kids Food Drive
- Ms. Rice's Counseling Update on the Power of Positivity
- Student enrichment opportunities such as the Google and Discovery Education STEM Family Day on November 9th and the INTEGIRLS math competition in December.
- Other helpful information

### **New Staffing and Positive Changes for Students**

As we approach the 2nd quarter, I wanted to make you aware that during the month of September I received additional staffing to reduce class sizes. In addition, teachers have been monitoring student performance and academic progress in order to ensure they are in the best classes for successful learning.

Due to this additional staffing, we have the opportunity to create new social studies, science, and math classes. Students will receive their new schedule on November 1st but may see tile movement

in their Canvas classroom prior to that date; however, final changes will be reflected on November 6, 2024.

Some changes are specific to course level changes, but many are randomly selected to balance class size across the board.

Please know that as we make these changes, we have all of our students' best interest at heart and we are trying to minimize disruption.

If your child's schedule changes, you will have the opportunity to see the new teacher in action at the November 11th Open House.

Students who are enrolled in a class with a brand new teacher will receive more information about these excellent hires on November 1, 2024.

## **HARDEST MATH PROBLEM**

### [Hardest Math Problem Contest Overview](#)

### [Entry Form & Grade Level Problems](#)

The Hardest Math Problem is an annual competition presented by The Actuarial Foundation, and the New York Life Foundation that challenges grades 6–8 students to solve multistep, grade-appropriate math problems with real-world situations and engaging characters.

Challenge 1 - Now until December 4th: Every student who provides a mathematically correct answer to Challenge 1 will receive an invitation to compete in Challenge 2 with an even more difficult problem. Turn your paper in to your Math Teacher or Ms. Watkins by Wednesday December 4th.  
Challenge 2 - By Invitation to Challenge 1 Winners, January-March, 2025

Entries must contain a mathematically correct answer and a compelling written explanation of their reasoning to be eligible for the Grand Prize! Correct entries are judged by a panel of teachers and actuaries to determine the strongest written argument and award prizes.

- 3 Grand Prize Winners (one per grade): \$3,000 for a 529 college savings plan, plus a laptop!
  - 3 Runner-Up Winners (one per grade): \$2,000 for a 529 college savings plan and a tablet computer.
  - 3 Honorable Mentions (one per grade): \$1,000 contribution to a 529 college savings plan.
- Teachers can win a \$300 gift card and \$200 towards a class pizza party!

## **SGA SPONSORED SPIRIT WEEK**

This message has been shared with students:

Thank you to the SGA for planning a fantastic spirit week! Let's show our NBMS spirit and phabulous Phoenix pride!

PAJAMA MONDAY! Wear your pajamas to school!

OPPOSITE TUESDAY! Dress up as one of the NBMS staff while your teachers dress like the students!

PINK OUT/BARBIE WEDNESDAY: Go all out and dress all in pink for Breast Cancer Awareness Month!

COSTUME DAY! Thursday is Halloween! Wear your best/spookiest costume but no toy weapons, swords, etc. and no face masks are allowed at school. NO EXCEPTIONS!

FREAKY FRIDAY: Each grade level is assigned a spooky color to wear!

6th Grade: Purple

7th Grade: Orange

8th Grade: Black

*Remember! This spirit week the SGA is giving out prizes for the top two most spirited students during each lunch break during Spirit Week!*

## OPEN HOUSE

If you missed the opportunity to visit NBMS at Back-to-School night, we have another opportunity for you. North Bethesda will be open to parents/caregivers from 8:30 to 2:30 on Monday, November 11, 2024. (see grade level schedules.below)

- If able to join, please plan on visiting as few or as many of your student's classes that day to get a glimpse into their school experience. **We are requesting that visitors to classes refrain from using technology and/or taking pictures.** Please silence your devices and try to follow our school policy of devices being off and out of sight:)
- Please come with your students' schedule. It may be standing room only in some of our larger classrooms.
- Due to space concerns in each classroom, we kindly request that only one parent/guardian/caregiver attend per student.
- Consider prioritizing one to three classes in order to avoid overcrowding.
- If possible, please pre-register using [this link](#) so that we may make visitor labels for you ahead of time. If you do not pre register, please bring your license so you can check in using the Visitor Management system.
- If you plan on attending, please enter by the main entrance to check in Monday, November 11, 2024.
- Please be aware that due to our large student population and space limitations in our cafeteria, we regret we do not have the ability to accommodate parents during the grade level lunches.
- Please consider attending a session with our Career Coach. [Flyer](#) linked here.
- We appreciate your continued support and involvement in NBMS through volunteer opportunities through the PTSA and school.

- We would prefer that the students stay at school and do not go to lunch with parents or caregivers because of the logistical challenges in the main office with that many students leaving the school.

We look forward to welcoming you to this opportunity to see your students' lived experience at NBMS.

### **KIDS HELPING KIDS FOOD DRIVE**

This week continues our Kids Helping Kids Food Drive. Over the years we have collected many many pounds of canned and boxed items to support our community. Together we can do it again this year! Students can bring in canned or boxed goods to collection boxes in their first period classes. On October 31<sup>st</sup> the boxes will be collected and counted (by Nov 1) The first period with the most items (items to student ratio will be accounted for in extra large or extra small classes) will have a donut party. Thanks for helping your child do their part to bring in lots and lots of food for our community!

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

Do you know the power of positivity?

Some may call it looking at the world through rose colored glasses. Others may see it as being a Pollyanna. However you look at positivity, it does change not only how you view the world, but how you function too. As we come down from the high of mental health awareness week, I wanted to share some of the positives of positivity.

Studies have shown that positive thinking reduces your stress levels and pain levels, increases your resilience to illnesses, reduces your risk of death from heart attack and cancer, among other things, and increases your mental well-being. Did you know that smiling, even fake smiling, can reduce your blood pressure and heart rate in stressful situations? Let's consider some ways you can use positivity:

- Reframe negatives as positives - "Ugh this traffic sucks" → "More time to listen to this great podcast I've got on."
- Smile at others to help them feel good and lift your spirits in the process
- Practice gratitude - think about all of the things you have and are grateful for each day
- Use positive self-talk to get through a tough situation

The more we focus on the positive, the easier it is to bounce back from the negative. Positivity feeds resilience. Just telling yourself, or someone else, "You can do this," when they are having a tough day, is sometimes all it takes to keep moving forward. On a side note: the power of positivity is so great, that when I googled the phrase, I found a website dedicated to sending positive inspiration to your inbox.

Check out this [article from the Mayo Clinic](#) if you'd like to read more on how to reframe negatives as positives and in the great words of Bobby McFerrin, "Don't worry, be happy."

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

- The [Kids Helping Kids Food Drive](#) supporting Manna Foods is happening now! We will be collecting canned and boxed items in first period classes from October 21st-31st. The first period class with the most items will win a donut party, but really that's a small prize compared to helping others in need.
- [RSVP for Coffee with the Counselors](#) and special guest, Clifford Sussman, MD, discussing Technology Addiction on Friday, November 15th at 9:30am in the NBMS Media Center. A few seats are left!
- The application for High School Special Programs is currently open. All 8th grade students were sent a list of programs they can apply to on October 4th. Application is in ParentVue and closes November 1st. [More information is in this slideshow.](#)
- [Parent Child Journey](#) with Dr. Shapiro & colleagues
  - **Free Parent Support Group EVERY Monday at 1:00pm:** Topic: October 28th - Minority Stress and Discrimination; Racial, Ethnic, religious, LGBTQ and other groups; [register in advance for zoom link](#)

### **COUNSELING OFFICE CALL FOR DONATIONS**

The counseling office asked me to request the following donations. If you can help, please drop them off with Mrs. Turska in the counseling office.

- Sanitary Pads - all sizes
- Girls Underwear Large -- or sizes 14-16
- Boys Underwear All sizes
- Athletic Pants (sweatpants) of all sizes.

### **VOLUNTEER OPPORTUNITIES**

#### **CARE STORE INFO FOR ALL GRADE LEVELS - VOLUNTEER NEEDED**

*We have 3 Volunteer slots open for volunteers. You can sign up for only your child's grade or all grades. Your child will be allowed to get one bag of chips and one gatorade for free if you volunteer and will be able to skip the line and get in first. If for some reason you can't make it on the day you signed up please don't forget to cancel it so others can sign up in your place. Let's make this year's care store a success!*

CARE Store 10:30 am - 11:20 am (6th grade lunch).

CARE Store 11:20 am-12:15 pm (7th grade lunch).

CARE Store 12:15 pm-1:00 pm (8th grade lunch).

*Store Duties: During store hours, the volunteers help kids make "purchases" and keep things under control...mostly. Oh and BONUS you get to spy on your 6th/7th/8th graders!!!!*

*Cart Duties: You know the peanut vendors at the baseball game...yup...that's pretty much it. You will be able to "sell" candy to all grades and snacks (8th grade) right from the cart.*

<https://www.signupgenius.com/go/10C054DA4AB23ABF49-cares>

### **COURTYARD HEROES - VOLUNTEERS NEEDED**

LAST WEEK FOR THE COURTYARD until the spring! We will not be opening the courtyard during quarters 2 and 3 because of the weather, but will look forward to opening it up again for the fourth quarter! Thank you to all our first quarter volunteers!

Please consider signing up for our last week of quarter 1! We appreciate it.

[Courtyard Heroes Sign Up](#)

### **OPPORTUNITIES FOR STUDENTS**

#### **SCHAFFER'S PIANO SALE PROGRAM**

Please open [this link](#) to learn about the Schaffer's Piano Loan Program.

#### **NJROTC Program at Kennedy High**

Is your 8th Grader interested in learning more about the NJROTC Program at Kennedy High School? If they would like to learn more about this high school program, please RSVP [here](#) to join us on **Tuesday, 10/29 during 8th grade lunch in Room D121** for an overview of the program!

The purpose of the Navy Junior Officers Training Corps, also known as NJROTC, is to "instill in students the value of citizenship, service to the United States, personal responsibility, and a sense of accomplishment." Choosing to take part in one of the most diverse and interesting programs a high school student can participate in, you will be joining more than half a million other students across the United States. The NJROTC curriculum combines leadership development, academic studies and service.

**Come learn more about what this awesome program has to offer on Tuesday, 10/29 in D121.**

NEW! Google and Discovery Education STEM Family Day: Montgomery College, in partnership with Google, Discovery Education, and MCPS, will host a STEM Family Day on Saturday, November 9, 2024, from 10:00 a.m.–4:00 p.m. at the Germantown Campus. This event offers hands-on STEM activities for K–12 students and families.

[flyer](#)

[registration link](#)

Participants can register for the event on Discovery Education [website](#).

## INTEGRILS MATH COMPETITION

The D.C. chapter of INTEGIRLS is hosting a **beginner-friendly, in-person math competition Saturday, December 14th from 9 am - 4 pm** at the Bioscience Education Center at Montgomery College Germantown Campus! Our mission at INTEGIRLS is to encourage girls and non-binaries in STEM fields through math competitions and events. This year, we will have math competition rounds (individual and team), an estimathon, a speaker event, awards ceremony, provided lunch, and lots of fun STEM activities. Teams of up to 4 students will be able to connect with and enjoy math with other girls and non-binaries around the DMV. There will be a lot of prizes and fun swag for all participants.

Register [here](#) directly or go to the INTEGIRLS D.C. website ([dc.integirls.org](http://dc.integirls.org)) to learn more about the competition.

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Thank you for your time, and please let me know if you have any questions at all!

Isha

[isha@integirls.org](mailto:isha@integirls.org)

## 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](mailto: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.**



## 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](http://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](http://www.MySchoolApps.com); this is the preferred application method.

Apply online NOW at [MySchoolApps.com](http://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](mailto:StudentID@mcpsmd.net) Gmail account daily for SSL emails (and of course other important emails)

	<p>Make sure to join the NBMS SSL MyMCPS Classroom.</p> <p><b>To join, click on the NBMS SSL MyMCPS Classroom link</b> =&gt; <a href="https://mcpsmd.instructure.com/enroll/FC6DG7">https://mcpsmd.instructure.com/enroll/FC6DG7</a>. Please share this link with students, family, and friends.</p>
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If you have any questions, after reviewing the SSL information above, please send an email to [Carla.A.Jurewicz@mcpsmd.net](mailto:Carla.A.Jurewicz@mcpsmd.net). Thank you!

Have a great week!

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)