



November 17, 2024  
North Bethesda Middle School  
News and Notes



**MONDAY, NOVEMBER 18, 2024**

**REGULAR SCHEDULE PERIOD 6 PHOENIX TIME**

**HISPANIC OUTREACH FOR LEARNING AND ACHIEVEMENT 6-8PM**

**NBMS CAFETERIA**

**TUESDAY, NOVEMBER 19, 2024**

**REGULAR SCHEDULE PERIOD 7 PHOENIX TIME**

**WEDNESDAY, NOVEMBER 20, 2024**

**REGULAR SCHEDULE PERIOD 1 PHOENIX TIME**

**THURSDAY, NOVEMBER 21, 2024**

**REGULAR SCHEDULE PERIOD 2 PHOENIX TIME**

**FRIDAY, NOVEMBER 22, 2024**

**REGULAR SCHEDULE PERIOD 3 PHOENIX TIME**

**NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS**

**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:

This week we hosted over 200 visitors for Open House. Thank you to the parents and caregivers who took the time to write a shout out to our teachers. Thank you to PTSA members who donated delicious snacks for our staff meeting on Monday. Delicious treats at the end of a long day are always appreciated! At the meeting, teachers continued their professional learning on structured discourse, and reading strategies to aid students in their ability to summarize informational text. This Monday, from 6-8 p.m., we are looking forward to hosting HOLA - Hispanic Outreach for Learning and Achievement, to bring together members of the Hispanic Community to hear about their child's experience at NBMS, and provide information and resources to support their child's academic success in English and Language Arts and Mathematics.

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

- November Conferences at the Middle School Level
- HOLA - Hispanic Outreach for Learning and Achievement
- Sixth Grade Social
- A "Socks of Love" drive for Bethesda Cares
- Yearbook Information - how to order and how to submit pictures
- Ms. Rice's Counseling Update
- Student enrichment opportunities such as "A Virtual Career Exploration for Her" for middle school, high school, and college students, Sonya Kovalevsky Day, the Hardest Math Problems and the INTEGIRLS math competition in December.
- Other helpful information

## **NOVEMBER CONFERENCES**

November 25th and 26th are early release days before Thanksgiving. On November 25th, North Bethesda Middle School will hold conference day. Due to the large student population, we are unable to offer individual conferences for all families. This year, team conferences are by invitation only and will be held from 3:30 to 6:30 p.m., either on Zoom or in person, with priority given to students needing additional academic support.

In addition, teachers will provide limited individual conference slots from 1:00-3:00 p.m., each lasting about 8 minutes. These one-on-one conferences will also prioritize students with the greatest academic needs. If additional slots remain, families can sign up on ParentVue beginning November 19th.

Starting next week, you may receive a call from school staff inviting you to a parent-teacher conference. Please confirm your availability promptly.

If you are not contacted and do not secure a November 25th conference, you may still arrange one throughout the school year. Contact your child's counselor or reach out directly to a teacher to schedule a phone conference.

Thank you for your ongoing support of our students and the North Bethesda community.

1:00-3:00 p.m.- Individual 8 minute online conferences (priority to greatest academic need), open November 19 to all families

3:30-6:30 p.m.-Team Conferences

Support with Signing Up for Individual Conferences:

[Parent Conferences Support Guide - ParentVUE](#)

## HOLA

On November 18, 2024, from 6pm to 8pm, we invite Hispanic families to join us to learn about the Math and English/Language Arts programs, the supports available for your student, and ways to help them succeed in these subjects at NBMS. Translation and baby sitting will be provided.

The evening will begin with light refreshments and time to meet each other. Then, Mr. Ghaman, English Content Specialist, and Ms. Watkins, Math Content Specialist, will lead information sessions for parents and caregivers. Finally, you will have the chance to ask questions about the school and meet the administration and teacher leaders.

RSVP [here](#)

El 18 de Noviembre de 2024, de 6:00 p.m. a 8:00 p.m, invitamos a las familias hispanas a reunirse con nosotros para aprender sobre los program de Matemáticas e Inglés/Artes del Lenguaje, los apoyos disponibles para su estudiante y las formas de ayudarlo a tener éxito en estas materias en NBMS. Se proporcionará traducción y cuidados de niños.

La noche comenzará con refrigerios ligeros y tiempo para conocerse. Luego el Sr. Ghaman, Especialista en Contenido de Inglés y la Sra. Watkins, Especialista en Contenido de Matemáticas, dirigirán sesiones informativas para padres. Finalmente, tendrán la oportunidad de hacer preguntas sobre la escuela y conocer a la administración y los líderes docentes.

RSVP [here](#)

## SIXTH GRADE SOCIAL - December 6, 2024

Dear 6th Graders:

It's finally your turn for a social!! Please come and enjoy a Winter Wonderland on Friday, December 6 from 6-8pm. Parents please sign up to volunteer on this [Sign up Genius](#). Tickets cost \$15 in our [Online store](#) for non PTSA members. PTSA members can get tickets for \$5 after you login in our webpage at [www.nbmsptsa.org](http://www.nbmsptsa.org) or in your phone Membership Toolkit app, and click into My Account/Upcoming Event Tickets. Families with financial hardship please reach out to a counselor for tickets. We'd love to have all 6th graders attend:)

## Socks of Love

Join the Student Advisory Council and Walter Johnson High School in the 'Socks of Love' drive! We're collecting men's wool socks for Bethesda Cares. Starting next Monday, drop off your donation outside Mrs. Afram's office, D116, on Mondays and Tuesdays—you might even get a treat! Thank you! Flyer linked [here](#).

## YEARBOOKS FOR SALE!

NMBS 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: **Special Discount: \$30 (now until 12/31)**; 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](mailto: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](mailto:Jemi_J_Lui@mcpsmd.org).

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

Many refer to the middle school years as the questioning years. Who am I? What do I stand for? Where do I fit in? Tweens and teens question a lot of things, sexuality being one of them. Last week I referenced the tween dating scene and how relationships are different than when we were growing up and I encouraged you to focus on feelings. Today I want to encourage you to focus on fluidity and inquiry in regards to sexuality.

The physical changes associated with puberty typically bring about an increase in sexual feelings. Teens may find themselves having sexual feelings about someone who is the same sex as they are, or the opposite sex. Some have sexual feelings about both sexes or no preference for either sex. Sexual attraction and sexual identity are not one and the same. One can be attracted to someone of the same sex and not identify as homosexual.

Sexuality develops and changes throughout your life. In the teen years, it's important to help your teen feel comfortable about their developing body, make healthy choices about their body, understand and express feelings of intimacy, attraction and affection for others, and develop and

maintain respectful relationships. Being an open source of communication for your teen about sexuality will help them sort through the myriad of messages they receive from other sources.

Two of the most important things you can talk about with your teen are consent and safety. Consent, agreeing to something or giving permission for something to happen, is essential in healthy relationships and it is important for your child to know and understand. Safety is also essential. Your teen should know and have the tools to protect against sexually transmitted infections. Without open communication, teens may feel shame around their new sexual feelings and proceed into relationships privately and without guidance.

And what about the teen who does identify as LGBTQIA+? Feelings around sexuality can be even harder for these teens. They may feel they have to pretend to feel things they don't or hide a part of themselves to fit in with their peers or society. Fear of prejudice, rejection or bullying may lead them to keep their sexuality a secret. Teens who enter into sexual relationships in secret rarely have the guidance they need to make healthy choices and decisions. Some LGBTQIA+ teens will be accepted by their families and others will not.

At NBMS we promote acceptance of every gender and sexuality. It is important as parents that we are open and communicate acceptance around all types of sexuality as well. Remember, many teens are simply questioning who they are and in doing so will question their sexuality. As a matter of fact, they can probably name many more sexual terms than you and I can. [Check out this list!](#)

More guidance: [Sexual Attraction and Orientation](#)  
[Teenage Sexuality](#)  
[Scarleteen.com](#)  
[S.E.X.](#) by Heather Corinna  
[All About Puberty](#)  
[Amaze Org](#) on YouTube

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

- Are you interested in being an NBMS Career Day Speaker? We are always looking to bring new and exciting careers on board. This year's Career Day will be Thursday, April 3rd, from 7:45-10:45 am. If you're interested in being a part of greatness, complete this [Speaker Information Form](#) and we will be in touch.
- [Parent Child Journey](#) with Dr. Shapiro & colleagues
  - **Free Parent Support Group EVERY Monday at 1:00pm:** November 18 -The Underappreciated Importance of Teaching Children to Do Chores; [register in advance for zoom link](#)
- [MCPS Parent Academy](#) - The Seven Habits of Highly Effective Families facilitated by Franklin Covey - December 11th from 6:00 - 7:00 pm.

## OPPORTUNITIES FOR STUDENTS

The Montgomery County Commission for Women and Montgomery Women will host a free virtual career guidance session titled “A Virtual Career Exploration for Her” for middle school, high school, and college students.

This event will offer an opportunity for female students to begin exploring careers of their interest that are non-traditional for women. It will give students the opportunity to hear from professional women who will share their experiences, knowledge, and education and relate factors important to entering their line of work.

The panel will include women in careers ranging from fire services, STEM careers, the law, and entrepreneurship.

MCPS students who complete and return a small survey at the end of the event can receive Student Service Learning Hours (SSL Hours)—a maximum of two—for their participation. MCPS students will need to register with a non-MCPS email address.

Pre-registration for the Zoom meeting is required. To register, click [here](#).

Flyer linked [here](#).

## 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!

## INTEGIRLS 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 =&gt; <a href="https://mcpsmd.instructure.com/enroll/FC6DG7">https://mcpsmd.instructure.com/enroll/FC6DG7</a>.</b> 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](#)