



November 24, 2024
North Bethesda Middle School
News and Notes



MONDAY, NOVEMBER 25, 2024
TUESDAY, NOVEMBER 26, 2024
WEDNESDAY, NOVEMBER 27, 2024
THURSDAY, NOVEMBER 28, 2024
FRIDAY, NOVEMBER 29, 2024
MONDAY, DECEMBER 2, 2024
TUESDAY, DECEMBER 3, 2024

EARLY DISMISSAL
EARLY DISMISSAL
SYSTEM CLOSURE
HAPPY THANKSGIVING
HOLIDAY
REGULAR SCHEDULE PERIOD 4 PHOENIX TIME
REGULAR SCHEDULE PERIOD 5 PHOENIX TIME
6TH GRADE SIGNS OF SUICIDE (SOS) LESSONS (MORE INFORMATION TO BE SHARED
IN A SEPARATE EMAIL)
REGULAR SCHEDULE PERIOD 6 PHOENIX TIME
7TH GRADE SOS LESSONS
REGULAR SCHEDULE PERIOD 7 PHOENIX TIME
8TH GRADE SOS LESSONS
REGULAR SCHEDULE PERIOD 1 PHOENIX TIME
COFFEE WITH THE COUNSELORS 9AM ON ZOOM PARENT SOS TRAINING
6TH GRADE SOCIAL 6-8 PM

WEDNESDAY, DECEMBER 4, 2024
THURSDAY, DECEMBER 5, 2024
FRIDAY, DECEMBER 6, 2024

MARK YOUR CALENDAR FOR OUR WINTER POP UP HOLIDAY MARKET - DECEMBER 14, 2024 2-6 PM NBMS CAFETERIA 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

Grade 7 Katherine_B_Rudd@mcpsmd.org

Grade 8 tirza_carmichaelcollins@mcpsmd.org

Principal Annemarie_e_smith@mcpsmd.org

Greetings North Bethesda Families:

As we approach Thanksgiving, I want to take a moment to express my heartfelt gratitude to each of you—our parents and caregivers—for your invaluable contributions to our school community.

Your support, dedication, and partnership make NBMS a truly special place. Together, we create a nurturing and inspiring environment where our students can learn, grow, and thrive.

This holiday season, I hope you find time to relax, reflect, and enjoy the company of loved ones. May your Thanksgiving be filled with joy, gratitude, and meaningful moments.

Thank you for being such an integral part of our school family. I am truly thankful for each of you and the many ways you enrich our community. I am humbled to be the principal of such an amazing school community.

Due to the Thanksgiving holiday, the next News and Notes will be sent Sunday, December 8, 2024

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

- Academic Recognition for Quarter 1 and how to order a paper certificate for your honor roll recipient
- Winter Holiday Pop Up Market to support NBMS CARES
- Opportunities for charitable donations (Socks of Love, Angel Tree Toy Drive, SGA Feminine Hygiene Product Drive, NBMS CARES gift card donations)
- Resources shared at the HOLA (Hispanic Outreach for Learning Achievement) event -- the slide include resources to support all students with academic success in math and English/Language arts.
- Career Advisor Update from Ms. Afram and the Student Advisory Council
- Sixth Grade Social - how to volunteer and how to get tickets
- Opportunities to volunteer - National History Day Judging and Chaperone for the 7th Grade field trip to Finance Park and helping with the SGA sponsored Gingerbread Wars on Friday, December 13, 2024.
- Ms. Rice's Counseling Update on the benefits of gratitude
- Yearbook Information - how to order and how to submit pictures
- Student enrichment opportunities such as the Hardest Math Problems and the INTEGIRLS math competition in December.
- Other helpful information

ACADEMIC RECOGNITION FOR QUARTER 1

Last week, students were recognized for their quarter one academic achievement. Students with straight As received a certificate. Students who earned Honor Roll were recognized in a slides presentation through homeroom. Honor Roll is earned by students who have a 3.0 marking period average with no more than one “C.” In our effort to “go Green” we did not print certificates for all the honor roll recipients. If your child earned honor roll, and you would like a paper certificate, please complete the Google form in this slides presentation. Please review the slides presentation and congratulations to our students who earned straight As and Honor Roll.

https://docs.google.com/presentation/d/1bodAoKDBqNOp1PlccV5aQQ-H-jXqUokj4VNIvTs_MIA/edit?usp=sharing.

WINTER HOLIDAY POP UP MARKET

JOIN US AT THE NBMS HOLIDAY MARKET!



You're Invited! Holiday Pop-Up Market at NBMS on December 14th!

Mark your calendars for the NBMS Holiday Pop-Up Market on Saturday, December 14th, from 2:00 to 6:00 PM in the North Bethesda Middle School cafeteria!

What to Expect:

Over 20 small businesses and community vendors in an indoor venue

- A wide variety of products, including hand-made candles, ornaments, artisanal foods, accessories, bath products, bags, clothing, vintage, and more!

Why Attend:

- Support local businesses and find unique holiday gifts.
- Proceeds from vendor fees go directly to the NBMS Cares program, which helps families in need.
- Any staff who come by and stroll through the market will be automatically entered into a raffle for some amazing prizes donated by the small businesses!

There are a few remaining vendor spots open, so if you or someone you know owns a small business and would like to participate, please reach out to Sarada Jasti Currie (Sarah_D_Jasticurrie@mcpsmd.org) ASAP for more information.

This is a wonderful chance to celebrate the season, support a great cause, and enjoy holiday shopping. Hope to see you there!

ANGEL TREE DRIVE

Attention North Bethesda! The SGA and Phoenix Phorce are working together with the Salvation Army for an Angel Tree Drive project! The Salvation Army wants North Bethesda Middle School to contribute to helping kids ages birth to 12 years old, receive gifts for the holidays. You can place your donations in the boxes located in either Ms. Alexander-Lewis's room D205 or in the main office. Students and Staff are welcomed to donate toys, jackets, clothes, and books! Please DO NOT gift wrap any items/toys. Remember that this drive runs until December 6th so bring in the donations! If you have any questions, feel free to contact Ms.Alexander-Lewis on her email: ana.alexander-lewis@mcpsmd.net.

Here is the link to the specified list of items: [Salvation Army Drive](#)

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](#).

SGA FEMININE HYGIENE PRODUCT DRIVE

The NBMS student government association has become aware of the limited supply of feminine hygiene products in the restrooms. To solve this issue, the SGA proposes a fundraiser for feminine hygiene products. All NBMS students, parents, or staff can donate the products through the main office or counseling where they will be evenly distributed to all female restrooms and the gender neutral bathrooms. Your donations would be greatly appreciated by the female community of NBMS.

HOLA

On November 18, 2024, from 6pm to 8pm, we invited Hispanic families to join us to learn about the Math and English/Language Arts programs, the supports available for students, and ways to help them succeed in these subjects at NBMS. Here are the slides that were shared. These would be beneficial to any parent wishing to support their student's academic success in Mathematics and English/Language Arts

https://docs.google.com/presentation/d/1sX2XxMwNigQRS0BDzgbdwcZEL_uovsFQaXY787GIK9M/edit?usp=s_haring

CAREER ADVISING AT NBMS

Please click [here](#) for an update from the NBMS Career Advisor, Bridget Afram. Thank you to our Career Head of Council, 7th grader Chrystalla, for writing an article about the Student Advisory Council. We are very proud of her!

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 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:)

VOLUNTEER OPPORTUNITIES

SGA SPONSORED GINGERBREAD WARS

SGA's 1st. Gingerbread Wars will be held on Friday, December 13th, in the cafeteria from 5 - 6:30 PM. Invite a friend if you like, because teams of two are allowed. Admission is \$10 per person.

The SGA will provide the gingerbread kit and some decorations, but feel free to bring extra materials. NO PEANUTS are allowed!

Students: If you want to help, please complete the [Gingerbread Wars Volunteer Form](#) form. We need up to 10 Volunteers so be 1 of the first people to sign up. Participant sign-ups and payments are due by December 2nd. Payment of \$10 per participant can be made in person to Mrs. Robin Krakower (School Financial Specialist), whose room is at the front in the Main Office.

Sign-ups are on a first-come, first-serve basis since we only have 50 slots. If you sign up and don't pay by December 2nd, another student will take your spot. Please complete this form if you would like to participate in the competition. [Gingerbread Wars Participant Form](#).

We also need parent volunteers so please fill out this form for parents. [Gingerbread Wars Parent Volunteer Form](#).

Seventh Grade Finance Park Field Trip Parent Chaperones Needed

Dear NBMS Parents - We NEED YOU!

One of the exciting experiences your student will have as a Grade 7 student is participating in a financial literacy program through their Social Studies class. All Montgomery County Public Schools (MCPS) Grade 7 students will participate in the Junior Achievement financial literacy curriculum with a culminating simulation with a field trip to Finance Park. Finance Park is an exciting

event provided by Junior Achievement, an international leader in financial literacy education. **Grade 7 students from North Bethesda Middle School will be attending Finance Park on one of the following dates:**

- 1/22/2025 - Ms. Lunsford's Periods 1, 2, 3, 5, 7
- 1/23/2025 - Mr. Lutchenkov's Periods 2, 3, 5, 7; Dr. Lorenz's Pd 5; ARS students
- 1/24/2025 - Ms. Kaiser's Periods 1, 5, 7; AND Ms. Grace's Period 7

As part of the Finance Park curriculum, students will learn about saving and investing, types of credit, creating a budget, wages and taxes, and the role of insurance. Students will also complete a career interest inventory and learn about programs of study available at their local high school as well as at the Thomas Edison High School of Technology.

After approximately three weeks of financial literacy instruction taught in their social studies class, students will travel to the MCPS Finance Park facility located at the Thomas Edison High School of Technology in Wheaton for a simulation experience. At Finance Park, students will work in small groups to establish a budget based on an adult life scenario they have been given. They must research and shop at different "stores" for essential living expenses such as groceries, housing, medical insurance, and transportation while remaining within their budget. Here's [a link to a video](#) about how the simulation works.

PARENT VOLUNTEERS NEEDED!

Visit <https://www.myja.org/caregivers/montgomery> to volunteer. You can volunteer for the date your child goes, or any of the days NBMS is going !

The success of the Finance Park program is dependent on the active participation of parent and community volunteers. If you have ever paid a bill or used a credit card, you have what it takes to be a Finance Park volunteer! We hope you will consider being a Finance Park volunteer on one or more of the days our students will be engaged in the budget simulation. **The total time commitment is about 5.5 hours. You will drive your own vehicle to Finance Park in Wheaton and arrive by 8:30 AM for a 1 hour training, and then help run the simulation until around 2 PM. You will bring your own lunch.** During the simulation, students are in small groups. You will help guide students through different phases of the day, which simulate real-world budgeting decisions, spending research, and bill payment.

The program is mostly scripted, and you will be given a book with questions and prompts to guide conversations. You can also talk about your experiences—careers, hobbies, how you budget, etc. Generally these conversations don't last more than 10 minutes at any time.

If you have any questions, please contact Eric Kling, NBMS Social Studies Content Specialist at: Eric_J_Kling@mcpsmd.org

National History Day – County Competition Judges needed!

Community members, and aspiring historians, we need you! MCPS is looking for community members 18+ to judge student projects at the National History Day County Competition on March 8, 2025!

The National History Day (NHD) program was started in 1974 as a “science fair” for history, giving students a chance to become real historians. This year, students participating in NHD nationwide are researching topics based on the theme, “Turning Points in History.”

At the contest, students present their research in one of five categories: exhibits, performances, documentaries, websites, or papers. Judges evaluate entries based on historical quality and effectiveness of presentation. The evaluation of projects utilizes a national rubric and all judges will be trained prior to the event via a Zoom session.

History Day judging is a one day commitment from 8:00 AM - 2:00 PM on Saturday, March 8, 2025. This timeframe includes an orientation to the judging process, the evaluation of students’ research and presentation, and time to draft comments. Judges have a profound impact by providing an opportunity for students to discuss their work and receive feedback from an outside resource. Volunteers also have a tremendous amount of fun in the process.

Here is a [flyer](#) and [community letter](#) for more information.

MRS. RICE’S COUNSELING UPDATE

It’s the start of the holiday season. I, myself, welcome the season. I like the warmth and festiveness, the family, the lights. I could have waited for the Christmas music until after Thanksgiving, but I’m sure others love that some radio stations started it up right after Halloween! And just like the music, some won’t welcome this season in the same way I do.

For me, the holidays are filled with goodness, but for some they may be filled with troubles and difficulties. Some of us have family to be with and others do not. Some of us have money to spend on gifts and food and others do not. Some of us have plans and others do not. Some of us feel we are able to give and others do not.

But, there is one thing we all can give during the holiday season, no matter what our circumstances, and that is gratitude. Gratitude for the food we have to eat, for the neighbor or friend who checks on us, gratitude for the time spent with others, the days off of work, the work that takes us away from difficult relatives...

Gratitude can make this season feel easier. It can change our mindset and outlook on life. You might think I sound silly, but thinking positively can actually make it seem like something that’s hard is also beautiful.

Gratitude is the quality of being thankful, a readiness to show appreciation and return kindness. This holiday season, consider expressing gratitude, in person or in a journal, for some of these things:

- Express gratitude for one good thing you often take for granted.
- Express gratitude for someone in your life
- Express gratitude for three things, no matter how small.
- Express gratitude for yourself - what do you appreciate about yourself?

- Express gratitude for something that made you smile today
- Express gratitude for a happy childhood memory
- Express gratitude for something happening in this moment
- Express gratitude for something you have learned
- Express gratitude for where you live
- Express gratitude for nature
- Express gratitude for ways you've grown
- Express gratitude for an activity you like to do
- Express gratitude for something that happened this week

The list can go on. If expressing gratitude is something you'd like to start doing more regularly, start a journal. It can be a paper journal or a notes page on your phone. Write down three to five things each evening that you're grateful for that day.

Today I'm grateful for seeing snowflakes outside my window; I'm grateful for having a blanket scarf from my sister-in-law in my office because it was cold; I'm grateful for meeting a new therapist who will be supporting our students. I'm grateful to you for reading my column.

Ashley

Webinars, Seminars, Announcements, and things...

- Coffee With the Counselors SOS Edition will be Friday, December 6th at 9:00am. Join us on Zoom to learn about the Signs of Suicide curriculum, what warning signs to look for, how to talk to your kid about suicidal ideation, and how to get support.
- 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 25 -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

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) to learn more about the competition.

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

Isha

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

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 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; this is the preferred application method.

Apply online NOW at 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 Gmail account daily for SSL emails (and of course other important emails)

	<p>Make sure to join the NBMS SSL MyMCPS Classroom.</p> <p>To join, click on the NBMS SSL MyMCPS Classroom link => https://mcpsmd.instructure.com/enroll/FC6DG7. 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. Thank you!

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.

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.

Have a wonderful Thanksgiving break!

Warmly,

[AnneMarie Kestner Smith, Ed.D. \(She, Her, Hers\)](#)

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)