



December 15, 2024
North Bethesda Middle School
News and Notes



MONDAY, DECEMBER 16, 2024

TUESDAY, DECEMBER 17, 2024

WEDNESDAY, DECEMBER 18, 2024

THURSDAY, DECEMBER 19, 2024

FRIDAY, DECEMBER 20, 2024

THURSDAY, JANUARY 2, 2025

FRIDAY, JANUARY 3, 2025

REGULAR SCHEDULE PERIOD 6 PHOENIX TIME

REGULAR SCHEDULE PERIOD 7 PHOENIX TIME

WINTER CONCERT AT WJHS

CHORUS 6:30 PM INSTRUMENTAL MUSIC 8:00 PM

REGULAR SCHEDULE PERIOD 1 PHOENIX TIME

REGULAR SCHEDULE PERIOD 4 PHOENIX TIME

MODEL UN CANDY GRAMS DELIVERED THROUGH PHOENIX TIME

REGULAR SCHEDULE PERIOD 5 PHOENIX TIME

12/21 - 1/1/2025 WINTER BREAK

REGULAR SCHEDULE PERIOD 6 PHOENIX TIME

REGULAR SCHEDULE PERIOD 7 PHOENIX TIME

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

DUE TO THE WINTER BREAK, the next News and Notes will be published on Sunday, January 5, 2025. Happy New Year!

Greetings North Bethesda Families:

As we approach the holiday season, the NBMS staff would like to express our gratitude for your ongoing support and partnership throughout the year. We hope your winter break is filled with joy, laughter, and cherished moments with loved ones. Whether you're traveling, relaxing at home, or celebrating special traditions, we wish you a happy and peaceful holiday season. We look forward to welcoming our students back recharged and ready for another exciting chapter of learning and growth.

I would also like to thank Lana Alexander-Lewis, SGA sponsor for our first annual Gingerbread Wars. The students had a wonderful time. Thank you also to the staff, students, and caregivers who came out to shop at our Winter Pop Up Market benefiting our NBMS Cares initiative.

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

- How to access the recording of the PTSA meeting on 12.10.2024 with Dr. Zucker's informative presentation on supporting our students with handling anxiety and stress
- MCPS Meal Viewer - the new way to view breakfast and lunch menus
- MODEL UN RESULTS
- Yearbook information (special discount price of \$30 if purchased before 12/31)
- Opportunities to volunteer - National History Day Judging and Chaperone for the 7th Grade field trip to Finance Park
- Ms. Rice's Counseling Update on handling stress
- Opportunities for students including an HBCU College Fair in February
- Other helpful information

PTSA Meeting 12.10.2024

Thank you to Dr. Bonnie Zucker who presented to the PTSA this past Tuesday. It was an informative and engaging presentation on supporting and working with children with anxiety. Please take a moment to review the PTSA meeting slides and/or the recording.

<https://drive.google.com/file/d/1xSsnz4MNFogd6sYHdEsluH87qBUnKd3A/view?usp=sharing>
(recording)

<https://docs.google.com/presentation/d/1G6UNl9S2PfiwvK3XFdB0Rhy6Ji01dRFg-eXrSIh5bLg/edit?usp=sharing> (slides)

School Meal Viewer

MealViewer, the new interactive menu platform for Montgomery County Public Schools breakfast and lunch menus. MealViewer will launch on Sunday, December 8, 2024. Portable document format (PDF) menus will remain available through December 2024. Starting January 1, 2025, PDF menus will no longer be available.

Here is the NBMS MealViewer [link](#).

<https://schools.mealviewer.com/school/NorthBethesdaMS>

Here is a [link](#) to the MCPS Division of Food and Nutritional Services where you can find more information in different languages.

MODEL UN RESULTS

Last weekend, the Model UN team competed at the George Washington University Model UN Conference, where over 20 middle schools participated. **Thanks to their hard work, our team earned the Outstanding Large Delegation award.** This achievement reflects the combined commitment of every student on the team. In addition, the following students earned individual recognition:

- **Benjamin Wuchenich - Best Delegate Award.** Benjamin earned the highest award possible for an individual delegate in his first-ever conference, an impressive achievement. He represented Uganda in the UN Economic and Social Council as it considered how best to ensure that refugee children had access to educational opportunities.
- **Kaya Le Boudier - Best Delegate Award.** This is Kaya's first Best Delegate award, and she earned it by representing Uganda in the UN Women Committee which considered women's education and workforce participation in the Middle East and North Africa. The committee had over 60 delegates, making it particularly notable that Kaya was able to distinguish herself.
- **Masha Dolgopyat - Outstanding Delegate Award.** Role-playing as Senator Jack Reed from Rhode Island in a mock U.S. Senate considering the prevention of infectious diseases as well as ensuring access to healthcare in underserved populations.
- **Dani Puvak - Outstanding Delegate Award.** Role-playing as Ko Teck Tin in a crisis committee modeled after the 1965 2nd Cabinet of Lee Kuan Yew as it considered the independence of Singapore.
- **Hannah Parrett - Outstanding Delegate Award.** Role-playing as Harry Styles in a crisis committee on the Teen Choice Awards.
- **Wayne Davis & Marcos Moissoglu.** Honorable Delegate Award. Representing the United Kingdom as a double-delegation in the UN Disarmament and International Security Committee as it considered the impact of evolving technology on security.
- **Rayan Hashmi.** Honorable Delegate Award. Representing the Portugal Space Agency in the European Space Agency as it considered international cooperation and safeguarding the future role of the agency.
- **Jamy Lyons.** Honorable Delegate Award. Role-playing as Louis Charles Delescluze in a historical specialized committee of the 1870 French Government of National Defense focused on the Franco-Prussian War and instability in the French Republic.
- **Chloe Baczkowski - Verbal Commendation.** Roleplaying as Dr. Bainbridge in a crisis committee.

Congratulations to the team and to Ms. Steimer, Model UN Sponsor!

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.

MS. RICE'S COUNSELING UPDATE

As we inch closer and closer to the holidays and winter break, it's important to check in with ourselves. This is a time of year that can be very joyous, but also very stressful. For some, the shorter days and fewer hours of light really have a great impact, especially if you're already prone to depression. For others, the busy-ness of the season means you aren't taking good care of yourself and may have a shorter fuse with your kids and be more prone to illness.

At school, it's interim time and many of our students are feeling the stress. I have sat with students recently while they cried and raged and played mediator to their peer conflicts, and worked with them to reduce the volume of their makeup work. It's obvious that they are feeling overwhelmed, stressed, sad and so much more.

The stress we feel at this time of year is real and it's contagious too. As parents, our children sense our stress and then they feel stress. If we are anxious, our children tend to be more anxious. I

believe if teachers are overwhelmed, students feel that and tend to feel overwhelmed too. And when children are anxious, stressed, overwhelmed, out of their element, their behaviors change.

In times of stress, the best things we can do for our children is approach them with patience, warmth and awareness. Try hard not to be critical and even comment when you see them doing something positive. These few things, though sometimes hard, will lead to better behavior and more openness in conversation. At a training I attended last week, the Clinical Director of Treehouse, Molly Cupid, said to make sure your praise is specific and that if you're ignoring a certain behavior you should make sure to praise the desired behavior immediately when it occurs. This is something even I, a veteran counselor, am working on! When I'm at home, in mom mode, I'm busy and I am not the best at commenting on the positive in the moment, but I've been working on it and I'm seeing a positive impact.

A few years ago, I heard a talk by Dr. Harold Koplewicz, Director of the Child Mind Institute and author of The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety and one of the most poignant things he said is **“self-care is child-care.”** He challenged every parent listening to strive for these four things every day: get at least seven hours of sleep at night, eat something green, sit and be mindful or spiritual, and find twenty minutes for exercise. Not only will you be taking care of yourself, but also your child, by modeling healthy behaviors and by reducing your own stress and anxiety levels.

I know from experience that sometimes we don't even realize we are anxious until we see it in someone else or it goes so far that it makes us sick. This week I ask you to take a few minutes to notice how you've been feeling, what energizes you, what you're grateful for, and what's not working for you. Then do something about it!

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:** December 16th - Is Biology Destiny?: The Promise and Peril of Family History and Genetics in Diagnosis, Treatment and Prognosis?; [register in advance for zoom link](#)
 - [Winter 2025 Journey beginning for Parents of Challenging Children](#) Preschool through Pre-adolescence - 10 Tuesday mornings, Jan 28-April 1 from 11:00am - 12:00pm with Dr. Dan, pay what you can

- [Medication for Struggling Children and Adolescents with ADHD, Anxiety, Depression and/or Severe Irritability](#), on zoom, pay what you can, Tuesdays, January 7-21 from 10:00-11:00 am
- [Parents of Challenging Adolescents](#), on zoom, pay what you can, Thursdays, January 9-23, 7:00-8:00pm
- [PEP: Nurturing the Nurturers: Prioritizing Parent Well-Being for Strong Families](#). a PEP Critical Topics in Parenting Webinar, January 29, 2025- 7:30-9:00 pm, free

NBMS CARES

Please consider supporting the NBMS Care initiative to support families in need during the holiday season NBMS would welcome donations of gift cards for Giant, Safeway and or Target to support our families in need during the holiday season and beyond.

VOLUNTEER OPPORTUNITIES

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.

OPPORTUNITIES FOR STUDENTS

HBCU COLLEGE FAIR

The 17th annual Historically Black Colleges and Universities (HBCU) College Fair will be held on Friday, February 14, 2025, from 6:00–8:30 p.m.

The in-person event will take place at The Universities at Shady Grove for students in Grades 8–12 and their families to meet with representatives from over 50 historically black colleges and universities.

The HBCU College Fair will include the following:

- On-the-spot scholarship opportunities for Grade 12 students;
- Workshops on financial aid assistance, Free Application for Federal Student Aid (FAFSA), scholarship opportunities, presentations from the Thurgood Marshall College Fund, an overview of HBCUs, and how to find your best-fit HBCU;
- A panel discussion on college life with representatives from the Montgomery County National Pan-Hellenic Council Fraternities and Sororities. During the fair, students and parents can interact with college admission representatives and attend workshops, including a separate workshop and activities for middle school students
- Registration for the college fair will open on Friday, December 13, 2024, and can be found on the HBCU Fair website. We strongly encourage school counselors and College and Career Information Coordinators (CCICs) to attend the fair.
- This event is an excellent opportunity for school staff to meet with HBCU admissions representatives and learn more about HBCUs. We will also provide FAFSA completion support for any Grade 12 student and their caregivers seeking assistance, which is scheduled to open in December 2024.

Representatives from the Maryland Higher Education Commission, Educational Opportunity Center, and Montgomery College's financial aid outreach office will be onsite to help. Please encourage administrators and staff to attend or volunteer to help with this event. Staff at all grade levels are welcome to volunteer. The volunteer registration information is located on the HBCU Fair website.

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!

Have a wonderful Thanksgiving break!

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)