



**April 7, 2024**  
**North Bethesda Middle School**  
**News and Notes**



**North Bethesda Middle School Upcoming Events**

April 8 Regular Schedule Phoenix Time Period 7

April 9 Regular Schedule Phoenix Time Period 1

**End of Marking Period 3!**

**April 10 NO SCHOOL for students.**

April 11 Regular Schedule Phoenix Time Period 2

Boys Soccer v. Silver Creek @ Home

Girls Soccer @ Silver Creek

April 12 Regular Schedule Phoenix Time Period 3

**Regular Schedule**

**2023-2024 SCHOOL HOURS: 8:15 – 3:00 p.m.**

Parents, please drop off students in the drop off loop.

**(Entrance on Bradmoor Drive – note: Johnson Drive is for buses only)**

**Administrators**

Grade 6 [Katherine\\_B\\_Rudd@mcpsmd.org](mailto:Katherine_B_Rudd@mcpsmd.org)

Grade 7 [tirza\\_carmichaelcollins@mcpsmd.org](mailto:tirza_carmichaelcollins@mcpsmd.org)

Grade 8 [Daniel\\_E\\_Werbeck@mcpsmd.org](mailto:Daniel_E_Werbeck@mcpsmd.org)

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

**GRADE LEVEL UPDATES/QUARTERLY VOCABULARY**

Please click on this [link](#) to go to the NBMS webpage where you can find the weekly grade level updates and quarterly vocabulary lists. The grade level updates can be found under the Academics tab on our school webpage.

## [MCPS Calendar](#)

To report Bullying and Harassment, please use this [Bullying and Harassment Form](#)

Dear North Bethesda Families:

It was great to be back after a relaxing spring break. Tuesday marks the end of the third marking period. I'm proud of the hard work students are doing to maintain their focus on academics as well as their continued involvement in sports and clubs.

Prior to break, our instrumental music students competed at the county festival and earned superior ratings. The Chorus students competed this past week at the County Festival and earned superior ratings and recognition for their high quality performances. Thank you to Mr. McFeaters and Ms. Hepburn for preparing our students for competition.

Congratulations to our 8th grade Book Wars team, who won 1st place in the Book Wars competition yesterday! They beat out 11 other teams from Cabin John, Hoover and Tilden. They then went on to the county wide Book Wars championship in the afternoon, and placed 2nd place amongst all schools in MCPS! We are so proud of them. 8th grade Book Wars team members are: Olivia Settles, Abby Scouler, Livia Klein, Riya Sanan, Leilani Nesson, and Lucy Bowcut. Thank you to Ms. Woods for sponsoring and coaching our Book Wars teams.

In March we had a school-wide competition on IXL to see which class reached proficiency on the most skills. Three 6th grade classes took the lead and were celebrated on Friday, April 5th.

*1st place - Ms. Simoncic's 2nd period*

*2nd place - Ms. Reina's 5th period*

*3rd place - Mr. Perlson's 2nd period*

Congratulations to our 6th graders and thank you to Ms. Simoncic, Ms. Reina, and Mr. Perlson for encouraging their students!!!

This coming week, our soccer teams will play their first games against Silver Creek. I am so happy the weather forecast is good!

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

1. PTSA Sponsored Fee Based Extracurriculars

2. MCPS guidance regarding the Eclipse - As a precaution, at NBMS, we will remind students to not look directly at the sun at dismissal and we will keep students whose buses arrive late in the cafeteria until their bus arrives.
3. SIXTH GRADE Outdoor Education Information
4. Mrs. Rice's Counseling Update about how to respond to your dysregulated teen.
5. Opportunities for students: An SSL opportunity with the The Montgomery County Board of Elections and a couple of summer robotic and coding camp opportunities
6. Eighth Grade End of Year Information for Parents and Caregivers. Find a link to the Hershey Park field trip permission form and fill it out as soon as possible!
7. NBMS Scholastic Book Fair dates. Please consider volunteering to support this event.
8. General NBMS and MCPS Information: Find additional details about NBMS and MCPS including the latest MCPS communication update.

## **PTSA SPONSORED EXTRACURRICULAR ACTIVITIES**

I hope this message finds you well. This spring, we are thrilled to continue offering enrichment programs that have previously seen great success. Much like last session, which included Debate, Entrepreneurship, and the Finance Club, we are excited to present two engaging opportunities for all students, all facilitated by Spark Business Academy.

**Debate Club:** Dive into the art of argumentation every Tuesday from 4/16-6/4 (note: no class on 5/14). Students will learn and practice the skills of debate in a supportive environment, enhancing their public-speaking abilities and self-confidence.

**Sports Management:** Starting 4/18 and running through 6/6 on Thursdays, this program is perfect for students with a passion for sports and an interest in the business aspects of the sports industry. \* Please note there are no after school activity buses after May 9th.

For those interested in continuing with these enriching activities or exploring them for the first time, please find more information and registration links here:

[Debate Club Registration](#)

[Sports Management Registration](#)

These programs have been designed to build on the skills learned in previous sessions while welcoming new participants to join in the fun and learning. We

encourage you to sign up soon as spaces are limited. Should you have any questions, please feel free to contact me.

Best Regards,

Ray Azarm

VP, Student Enrichment

North Bethesda Middle School PTSA

## **SOLAR ECLIPSE**

On Monday, April 8, Montgomery County will experience a partial solar eclipse beginning at approximately 2:04 p.m. with maximum solar coverage at approximately 3:20 p.m. If you plan on being outside during this time, do not look directly at the sun without proper solar eclipse glasses as looking directly at the sun may cause eye injury. Classes that choose to take students outside have been directed to support students in practicing eclipse safety.

People outside during this time should review this [information on eclipse safety](#), as looking directly at the sun may cause eye injury. Some children may need supervision and support in practicing eclipse safety. [Visit here for a one-pager with safety tips and family activities.](#)

It is safe to be outside during an eclipse, as long as you do not look directly at the sun without proper eye protection (using a specialized solar filter). Viewing the eclipse through an unfiltered optic lens (like a camera, binoculars, or a telescope) can cause even greater damage to the eye.

As a precaution, at NBMS, we will remind students to not look directly at the sun at dismissal and we will keep students whose buses arrive late in the cafeteria until their bus arrives.

## **SIXTH GRADE OUTDOOR EDUCATION INFORMATION**

IMPORTANT MESSAGE FOR 6<sup>th</sup> GRADE FAMILIES - As part of our upcoming Outdoor Education program, we're excited to provide each student with a class t-shirt to commemorate the experience. These shirts not only foster a sense of unity and belonging among the students but also serve as practical attire for outdoor activities, helping ensure that everyone is easily identifiable and safe. To enable us to order the right t-shirt size for your student, we kindly request that you complete this [OUTDOOR EDUCATION T-SHIRT SIZE FORM](#) by MONDAY, APRIL 8, 2024. If the form is not completed by that date, we will ask your student to provide their preferred t-shirt size.

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

The Tip of the Month from Britt Rathbone really hit home this April. I saw the title, "Words that Work!" and read the first couple of lines about dysregulation and validation and thought, "I know how to do this. I even thought to myself, I preach this! I tell parents to validate their child's feelings all the time." This week I was really feeling like a fraud as I was struggling with my own child's dysregulated emotions and how to respond. Validating wasn't working, but why? I'm so glad I read to the end of Rathbone's "tip."

When your child becomes emotionally dysregulated, and this happens to all of us, it can be very challenging to have any kind of rational discussion or problem solve. When emotions intensify beyond a certain point, capacity for rational thought diminishes. I bet you can relate to this. You've probably had an experience doing or saying something in the heat of a moment that you regret later. Teens are especially vulnerable to this dysregulation because of the hormonal changes and brain development going on, and frankly, just age and lack of life experience.

What would I tell you to do in this situation, validate first and then problem solve. Rathbone agrees. Rather than firing responses that display your emotional vulnerability, validate whatever truth you can find in your child's statements or emotions. For example, your teen says, "I have no friends. Nobody likes me." Rather than responding with something like, "Jimmy is your friend" or "I love you," which will likely incense your teen more, consider this, "It's really painful to have those kinds of thoughts and feel so lonely. How can I help?" Consider this example too: your teen lied to you about having homework and you figure out that there is homework. When you ask why they lied, your teen shouts, "I hate homework." Rather than responding with, "Well, you have to do it, it has an impact on your grade," consider this validating response, "Yeah, I hear you. Homework can be a pain sometimes when you'd rather be doing something else. I didn't like doing homework either."

Rathbone refers to validating phrases as the special sauce in soothing your dysregulated child. I was reading thinking, I know all this, but why doesn't it work? Oh, but it does work my friend, if you can sit with your own emotional arousal. We always want to jump to solutions and fix things, because let's face it, who wants to see their child suffer? But also, marinating in our feelings is hard. Sitting with your own sadness, anger, worry, pain or other unpleasant emotion while your child re-regulates is insanely hard, but it does teach our children exactly what we want them to learn. We are effectively modeling managing uncomfortable emotions.

So, if you are like me and you've tried this and it doesn't work, try, try again. If you haven't tried this yet, you learned something new today - validate first, and then problem solve. If you are a superstar who does this effectively, share your good fortune with a friend or neighbor. We all have to support one another in this crazy world of parenting. And thanks Rathbone, for reminding me to hang in there!

Be well,  
Ashley

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

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
  - **Free Parent Support Group EVERY Monday at 1:00pm:** *April 8th - Competing Devotions: Work vs. Family*; [register in advance for zoom link](#)
  - [Spring Parent Child Excursions](#), Tuesday mornings from 10:00-11:00 am on Zoom beginning April 9th with Dr. Dan Shapiro, “pick what you like, pay what you can” - April - Medication for ADHD, May 7,14 - Helping Your Anxious Child, and May 21, 28 - Helping Your Child Experience Social Success
  - May Parent-Adolescent Journey - for parents of challenging adolescents, four Wednesdays from 12-1:00 pm including topics like: Understanding Adolescence, Avoiding Power Struggles, Working with Your Adolescent and Behavioral Strategies; [More information here!](#)
- PEP Webinar: [Parenting Strategies for Building Executive Functioning Skills in Children](#) - for parents of children in elementary through middle school, Thursday, April 18th from 8:00-9:00 pm, \$25
- Thrive Emerge Parent Support Group for parents of Neurodiverse Teens and Young Adults: [Addictions: How to Manage Screen and Substance Overuse for Families with Neurodivergent Kids](#), Thursday, April 18th from 6:30-8:00pm, Free

### **NBMS SCHOLASTIC BOOK FAIR**

Our NBMS Spring Book fair is approaching! The dates are April 15th-19th. We are excited for a great book fair! All funds raised from the Book Fair will go to buying new books for our NBMS Media Center. The Book Fair will be open from 7:45am-3:00pm on Monday thru Thursday. On Friday, the Book Fair will be open from 7:45am-1:00pm.

Our Media Center staff, Mrs. Woods & Mrs. Kennedy, will be running the Book Fair, but would love some parent help assisting students and running the cash register. They will show each parent who helps with the cash register how to use it at the book fair.

The days & time slots that the Media Center staff need assistance are in the below Sign Up Genius. Thanks in advance for your help!

<https://www.signupgenius.com/go/409094EAAAD2BA0F58-nbms>

## **OPPORTUNITIES FOR STUDENTS**

### **SSL:**

The Montgomery County Board of Elections is seeking school-age students, grades 6-12, to participate in its “Future Vote” program.

The Future Vote program is available to County students grades 6-12. Students must be able to speak, read and write the English language.

Students with bilingual and American Sign Language skills are encouraged to apply. The initiative combines civic participation and the

opportunity to observe democracy in action. Volunteers will earn Student Service Learning (SSL) hours for their service.

Training is required for both students and guardians. Details and volunteer expectations are provided at training.

To apply online, or for more information, visit [777vote.org](http://777vote.org) and select the “Future Vote” tab, then select “FV FAQs”.

Guardians must register their children by April 21, 2024.

- Future Vote Registration Instructions: [2024\\_FV\\_Registration\\_Instructions.pdf \(montgomerycountymd.gov\)](#)
- Future Vote Registration Portal: [Sign in · Starter Portal \(powerappsportals.us\)](#)
- U.S. Election Assistance Commission Award: [Montgomery County MD 2018 Clearinghouse Award Winner | U.S. Election Assistance Commission \(eac.gov\)](#)

### **ROBOCAMP and FalconCamps**

**FIRST Robotics Team 4099 is hosting two summer camps this year: RoboCamps and FalconCamps!**

RoboCamps is a week-long summer camp held at Clarksburg High School where students ages 8-14 learn how to design, build, and code their own robot. This

interactive camp culminates in a final competition on the last day, where campers can show off their robots and compete for a special prize!

FalconCamps is a virtual one-week camp where experienced members of Team 4099 will teach robotics-focused mechanical design and/or programming. Middle or high schoolers living anywhere in the world can participate!

Visit <https://www.team4099.com/programs/camps/> to take a look at our programs' website. If you or someone you know might be interested in either of these programs, registration is open! If you have any questions, feel free to email Team 4099 at [robocamps@team4099.com](mailto:robocamps@team4099.com) or [falconcamps@team4099.com](mailto:falconcamps@team4099.com)

### **APRIL 22nd Asynchronous Learning Day**

Students will be sent home with assignments to complete independently. Asynchronous learning describes educational activities and assignments that engage students in learning without live instruction or use of technology. Students must complete assignments to count towards their attendance for the day. Additional time for students to complete assignments will be granted for any challenges or unforeseen circumstances.

At NBMS, students will find their assignments in their Canvas classroom and will have ten days to complete. Once the assignments for a class are completed, the student is considered present. If they fail to complete the assignments within 10 days, they will be marked absent for April 22nd.

### **8th Grade End of Year Events**

8th Grade Social and Celebration - May 31, 2024 6:30 - 8:30 p.m.

Most students have submitted their permission slips. Please do so as soon as possible so we can ensure we have enough buses for all students who want to participate.

8th Grade Trip to Hershey Park - June 11, 2024 8:15 a.m. to 7:45 p.m.

Here is the link [to the Hershey Park permission slip](#)

<https://drive.google.com/file/d/1PvMm-SZeDK4eeY6xYBJzG2JLkomP0gpO/view?usp=sharing>

### **8th Grade Promotion:**



Due to space constraints at North Bethesda Middle School, our tradition involves hosting a staff-student only promotion celebration. This event is recorded and shared with families for their convenience. The celebration includes speeches from both students and staff, recognition of academic and extracurricular achievements, special awards, musical performances, student slides, and messages from teachers. This year, the celebration is scheduled for Wednesday, June 12, 2024, at 1:00 PM.

## **EXTRACURRICULAR ACTIVITIES**

Click [here](#) to review extracurricular activities and start dates offered by the school.

Click [here](#) for activity bus routes.

- Buses begin on Tuesday, September 12
- **Buses end of Friday, May 9<sup>th</sup>**
- No buses are scheduled for Halloween, 10/31

## **MCPS PARENT RESOURCES**

### **[MCPS Communication Update for 4.4.2024](#)**

#### **[Parent Academy](#)**

#### **[Pathway to College, Career, and Community Readiness](#)**

#### **[MCPS News Center](#)**

Webpage featuring the latest MCPS news and press releases updated regularly.

#### **Ask MCPS / Spanish Hotline**

General information about MCPS

Call: 240-740-3000 | Spanish Hotline: 240-740-2845

E-mail: [ASKMCPS@mcpsmd.org](mailto:ASKMCPS@mcpsmd.org)

#### **PARENTVUE ACCESS**

Instructions for getting started with ParentVue can be found at <http://bit.ly/synergyparent>. If you need an activation code, please contact our registrar, [marybeth\\_turska@mcpsmd.org](mailto:marybeth_turska@mcpsmd.org)

In the counseling office or ask our main office staff.

## **NBMS HELPFUL INFORMATION**

### **ATTENDANCE**

Our attendance secretary is Maria Stefanias. The best way to reach her for questions or updates about attendance is to send her an email at [Maria\\_Stefanias@mcpsmd.org](mailto:Maria_Stefanias@mcpsmd.org)

## TO REPORT AN ABSENCE

**Call the Attendance Line at 240-740-2101 by 9 a.m.** Upon return to school, send a note to the main office: include student's full name, grade, dates, and reason for absence. You can use this [Attendance Note](#) template for Absences, Tardies, or Early Dismissals. **MCPS requires a doctor's note for absences of 5 days or more.** For an absence of 3 days or longer, homework may be requested by calling the Counseling Office at 240-740-2110.

Teachers enter attendance for each period into Synergy, the attendance system. **All class absences generate an automated call/email to parents. If you believe there is an error, please contact the teacher and the attendance office.**

If you have any questions, please contact the Department of Transportation Bethesda Bus Depot at **240-740-6580**.

## STUDENT SERVICE LEARNING (SSL)

[NBMS Student Service Learning \(SSL\) Website](#)

Resources:

[SSL Information and FAQ flier](#); 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)



Make sure to join the NBMS SSL MyMCPS Classroom.

**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.

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!

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)