



April 21, 2024
North Bethesda Middle School
News and Notes



North Bethesda Middle School Upcoming Events

- April 22 Asynchronous Snow Make Up Day for Students
 NO SCHOOL FOR STUDENTS
- April 23 Regular Schedule Phoenix Time Period 7
 Boys Soccer Home v. Silver Creek
 Girls Soccer Home v. Silver Creek
- April 24 Regular Schedule Phoenix Time Period 1
- April 25 Regular Schedule Phoenix Time Period 2
 Take Your Child to Work Day
 Boys Soccer Away @ Pyle
 Girls Soccer Home v. Pyle
- April 26 Regular Schedule Phoenix Time Period 3
- April 26 – 28 *SPRING MUSICAL NEWSIES, JR.*

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

Grade 7 tirza_carmichaelcollins@mcpsmd.org

Grade 8 Daniel_E_Werbeck@mcpsmd.org

Principal 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:

Thank you to the PTSA for a phenomenal 6th and 7th grade social on Friday. The students had a wonderful time. Tuesday, NBMS hosted cluster principals, staff development teachers, special education, literacy and math teacher leaders to engage in important discussions on how to align our cluster efforts, increase community involvement, and align our work to eliminate hate-bias, and increase literacy and math achievement. We are thrilled to share that Kian Patnaik was selected as the 7th Grade Runner-Up winner in the 2023-24 Hardest Math Problem Student Contest! Kian won a \$2,000 contribution to a 529 plan and a tablet computer. In addition, all of the participants in the Hardest Math problem competition will have a pizza party with Ms. Watkins (Date TBD). Thank you to the students who took a risk and challenged themselves.

Attention all working parents! As April 25th approaches, so does 'Take Your Child to Work Day' - an opportunity for your children to learn about your work. In preparation for this enriching day, we kindly request that parents submit an excuse note to North Bethesda prior to April 25th, if your child missing school for this opportunity.

In this week's news and notes, you will find information on academic recognition, upcoming events, testing information, volunteer opportunities, 8th-grade social details, outdoor education information, counseling update, webinars and seminars, summer opportunities, extracurricular activities, parent resources, and school-specific information. Here's a breakdown of the key points:

1. Academic Recognition: Congratulations to students who made the Honor Roll and received Straight A's. Paper certificates are available, and there's a Google form to request them.
2. Asynchronous Learning Day: Information about assignments and expectations for the upcoming asynchronous learning day.
3. Newsies, Jr. Production: Details about the school's production of Newsies Jr., including dates, times, and ticket information.
4. MCAP Testing: Schedule and information about the upcoming statewide MCAP testing for English Language Arts (ELA) and mathematics.
5. Courtyard Supervision: Call for volunteers to supervise the courtyard during lunch.
6. 8th Grade Events: Details about the 8th-grade social, panoramic photo day, end-of-year events, and Hershey Park trip.
7. 6th Grade Outdoor Education: Reminder and information about the Outdoor Education permission slip packets.
8. Counseling Update: Discussion about anxiety and high-functioning anxiety among students.

9. Webinars and Seminars: Information about upcoming workshops and support groups for parents and students.
10. Summer Opportunities: Various summer programs and camps available for students, including math prep classes, coding camps, and robotics camps.
11. Extracurricular Activities: Overview of extracurricular activities and start dates.
12. MCPS Parent Resources: Links to MCPS communication updates, ParentVue access instructions, and school-specific information on attendance and student service learning.

Academic Recognition

Yesterday, all students received their marking period 3 report cards. Congratulations to all of our Honor Roll and Straight A recipients! Our academic recognition lists have been posted on the NBMS website:

<https://www.montgomeryschoolsmd.org/schools/northbethesdams/news-index/nbms-academic-recognition-honor-roll--straight-a-awards/>

Please complete this Google form (linked below) if your child would like to receive a paper certificate for achieving academic recognition for either marking period 2 or marking period 3, as applicable. Please complete this google form by Tuesday, April 30th.

https://docs.google.com/forms/d/e/1FAIpQLScbolEhzNd3jLRdgwwTPo6_1fDjtV4T6beu0cte4oluEJZUBg/viewform

APRIL 22nd Asynchronous Learning Day

Students have assignments to complete independently. Asynchronous learning describes educational activities and assignments that engage students in learning without live instruction or use of technology.

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. Students must complete the assignments by May 3rd in order to be considered present on April 22nd.

NEWSIES, JR.

North Bethesda Middle School's Phoenix Players present this year's production of Disney's Newsies Jr. Come watch as the Newsies change the world one paper at a time!! Two casts, four performances, don't miss it! Performances are Friday, April 26, 2024 @ 7:00pm, Saturday, April 27, 2024 @ 2:00 pm and 7:00 pm, and Sunday, April 28, 2024 @ 2:00pm. Tickets are \$10 each. Sales start Tuesday, April 23, 2024.

Students will be able to purchase tickets during lunch periods all week, with cash or a check made payable to North Bethesda Middle School. Tickets will also be sold at the door.

UPCOMING MCAP TESTING INFORMATION AND SCHEDULE

The upcoming statewide MCAP testing for English Language Arts (ELA) and mathematics that will be taking place in May for all 6th, 7th, and 8th-grade students at North Bethesda Middle School. The schedule for the testing and the bell schedule can be found below.

The assessments are a mandatory part of our academic calendar and provide valuable insights into your child's progress and the effectiveness of our instructional programs. They are designed to assess key skills and knowledge in ELA and math, helping us tailor our teaching strategies.

Should you have any questions or concerns about the upcoming assessments, please do not hesitate to reach out to Kathy Rudd, Assistant Principal, at Katherine_B_Rudd@mcpsmd.org. She will be happy to address any questions you may have.

Thank you for your continued support in ensuring the academic success of our students.

DATE	TEST	Bell Schedule
Monday, May 1, and Tuesday, May 2	MCAP math	Schedule
Monday, May 6, Tuesday, May 7, Wednesday, May 8, and Thursday, May 9	MCAP ELA	Schedule

COURTYARD HEROES

Now that the weather is better, we like to open the courtyard for lunches again. Please consider signing up to supervise the courtyard using the link below!

<https://www.signupgenius.com/go/5080448AFAA2CA1F85-49075754-courtyard>

8th GRADE PANORAMIC PHOTO

Victor O'Neill Studios photographed the North Bethesda Middle School's 8th Panoramic Photo on Thursday, April 18th, 2024 @ 11:30 a.m. Preorder the 8th Grade Panoramic [here](#).

<https://vando.imagequix.com/g1001086967#login>

8th Grade End of Year Events

Volunteers Needed & Student RSVP for the 8th Grade Social on May 31st

Dear Parents, Guardians and Caregivers of 8th Graders,
We're thrilled to provide you with the final details regarding the upcoming 8th Grade Social scheduled for Friday, May 31st, from 6:30 PM to 8:30 PM. The event will take place in the cafeteria and gymnasium at NB-- under the neon lights! There will be a DJ and dancing, a photo booth, games in the gym, and a light dinner and dessert provided.

Here are a few things we need to make this event delightful and memorable for our students.

1. Parent Volunteers! Please follow [this link](#) to sign up to help with decorations, food, deliveries, registration and more. We need lots of hands to make this event safe and fun.

2. RSVP your students! There is no cost for this event, but please have your child RSVP by clicking [here](#) to by Friday, May 10. This link will be posted in the Global Announcements and in the 8th grade Team Canvas classroom for students to register. Students will be checked in at the door, and only students on the list will be permitted to enter the building.

3. The Fine Print

- **Casual Dress Code:** Students are encouraged to dress comfortably for the occasion. Students voted for casual dress -- interpret as you wish, but please adhere to the school's dress code guidelines.
- **One Time Entrance:** Once students have entered the dance, they will not be permitted to leave and return. This policy is in place to maintain a secure environment throughout the event.
- **NB Students Only:** This event is exclusively for 8th-grade students of North Bethesda Middle School. We kindly ask that students refrain from inviting guests from outside the school.

We want to create a memorable and enjoyable experience for our 8th graders as they celebrate the culmination of their middle school journey. We look forward to volunteers, and please note our planning committee is entirely moms, so let's have ALL parents step up :)

If you have any questions or concerns, please feel free to contact Dan / Monica (8th Grade Admin), or Amy (volunteering) or Maia / Jen (other social questions). Thank you for your support, and we look forward to celebrating with you and your child on May 31st!

Warm regards,

The 8th Grade Social Team + North Bethesda Middle School

Maia Heyck-Merlin, Ada Levner's Mom, maia.heyck.merlin@gmail.com

Jen Sloan, Coco Booth's mom, jennifersloanbooth@gmail.com

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.

SIXTH GRADE OUTDOOR EDUCATION INFORMATION

IMPORTANT MESSAGE FOR 6th GRADE FAMILIES - This is a reminder that Outdoor Education permission slip packets went home two weeks ago. They are due May 1st. If you cannot locate your child's copy, it is all posted on the NBMS website. Please email Jennifer Byrd at jennifer_a_byrd@mcpsmd.org with any questions. Thank you.

What can we do to improve student outcomes?

The MCCPTA Curriculum Committee is offering an Instructional Equity Workshop by Zoom on Thursday, May 2 from 7-9 pm to help PTA leaders, caregivers and teachers learn how curriculum and instruction can better support our students for their futures. Click [here](#) for more information.

MS. RICE'S COUNSELING UPDATE

When you think about anxiety, what do you think of?

For most, we think of panic and fear, fight or flight. General anxiety can take a low-level threat and make it feel huge, initiating fight or flight for something like an Algebra test, or a night away from home, as if you were in serious danger, like a grizzly bear running at you. This panic or fear can make us feel wound up, restless, on-edge and as a result, extremely tired.

But, what about the anxiety that is less visible - the super organized, everything must be done perfect, conscientious, straight A student who is also exhausted at the end of the day? This might look like your typical Type A personality, and this might be high functioning anxiety.

As parents, we all want our children to be successful and we all define success a little differently. Some demand straight A's, others hope for application to magnet programs, some offer incentives for assignment completion and Honor Roll, while others praise effective effort, and some consider happiness success. Our children also have differing views of success and there are some who put a lot of pressure on themselves to be perfect.

Perfectionism has its perks, but it also has its downside. Constantly overthinking things, the need to please others and have trouble saying no, a tendency to dwell on mistakes, nervous habits like nail biting, hair twirling and leg shaking. These symptoms all have the ability to rev our bodies up, to cause difficulty concentrating, create irritability, and leave us restless, but exhausted.

High functioning anxiety is often overlooked from a parent perspective, because, after all, who wouldn't want a conscientious, organized child. It can be seen as adaptive and resilient. It is also often overlooked from a student perspective because it's difficult to see their ways as problematic, especially when this defines so much of who they are. Maybe you yourself are a Type A personality and your child is mirroring what they see modeled for them.

This is why it's especially important to talk with your child. If you have a high-achiever who takes on every challenge; if you have a conscientious student who struggles to sleep; if you have a child who works hard but never seems satisfied if you just have that sixth sense – check in with your child. There is an optimum level of anxiety that fuels us to be at our best. There is also anxiety that leads to a crash and burn.

[The Characteristics of High Functioning Anxiety](#)

[High-Functioning Anxiety: What It Is and How to Cope](#)

[6 Hidden Signs of Teen Anxiety](#)

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 22nd - When Parents (and other adults) Disagree;* [register in advance for zoom link](#)
- [Spring Parent Child Excursions](#), Tuesday mornings from 10:00-11:00am 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 12-1:00pm including topics like: Understanding Adolescence, Avoiding Power Struggles, Working with Your Adolescent and Behavioral Strategies; [More information here!](#)
- Summer Opportunities:
 - Summer Reading Skills programs through Loyola University of Maryland for students of all ages, call for information, 1-800-499-8557, or [see this site.](#)

OPPORTUNITIES FOR STUDENTS

Walter Johnson High School Summer Math Prep

Walter Johnson High School is once again pleased to offer non-credit math prep classes this summer. These 1-week courses are designed to prepare students for their next math course for the upcoming 2024-2025 school year. The cost for each prep class is \$100 (service fee not included). Once you register, you will receive an email for online payment instructions.

MCPS Transportation is NOT provided.

Available Math Prep Classes

Algebra 1 Prep: July 15-July 19

Geometry/Honors Geometry Prep: July 15 - July 19

Algebra 2/Honors Algebra 2 Prep: July 15 - July 19

Precalculus/Honors Precalculus Prep: July 22 - July 26

Calculus Prep: July 15 - July 19

Class Time: 9:00 a.m.- 12:00 p.m.

Please fill out the [Registration Form](#) to participate in the in-person Math Prep courses at Walter Johnson High School this summer. Class offerings are subject to change based on final enrollment.

Register Today! These classes will fill up quickly! Please email Mr. James Heintze (James_T_Heintze@mcpsmd.org) if you have questions.

MONTGOMERY CAN CODE STUDENT CODING CAMP

Registration is OPEN for the 2024 Montgomery Can Code Summer Camp! A free summer Coding camp for MCPS Middle School Students.

Montgomery Can Code is an annual free and fun summer camp held in July and August for any MCPS rising 6th, 7th, and 8th grade students. Campers in the program will learn to code with Swift, Apple's easy-to-understand programming language used by professional developers to create world class apps. Students will complete creative projects with an established curriculum to learn Swift from coding experts.

Families have the choice to participate in a full day, in-person camp Weeks 1 and 2 at Montgomery College or a virtual camp Week 3. The Camp is free to any Montgomery County Public School middle school students.

This initiative is made possible through a partnership with Montgomery County Public Schools, Montgomery College, Montgomery County Economic Development Corporation, Montgomery County Government and Apple, Inc.

REGISTER NOW <https://www.montgomerycancode.com/>

For more information, learn more at [montgomerycancode.com](https://www.montgomerycancode.com) or email montgomerycancode@mcpsmd.org

SPANISH

¡La inscripción está ABIERTA para el campamento de verano Montgomery Can Code 2024! Un campamento de codificación de verano gratuito para estudiantes de escuela intermedia en MCPS.

Montgomery Can Code es un campamento de verano anual gratuito y divertido que se lleva a cabo en julio y agosto para todos los estudiantes de MCPS que ingresan a 6.º, 7.º y 8.º grado. Los participantes del programa aprenderán a codificar con Swift, el lenguaje de programación fácil de entender de Apple utilizado por desarrolladores profesionales para crear aplicaciones de clase mundial. Los estudiantes completarán proyectos creativos con un plan de estudios establecido para aprender Swift de la mano de expertos en codificación.

"Las familias tienen la opción de participar en un campamento presencial de día completo durante la primera y segunda semanas en las 3 instalaciones de Montgomery College, o en un campamento virtual durante la tercera semana. El

campamento es gratuito para cualquier estudiante de escuela intermedia de las Escuelas Públicas del Condado de Montgomery."

Esta iniciativa es posible gracias a una asociación con las Escuelas Públicas del Condado de Montgomery, Montgomery College, la Corporación de Desarrollo Económico del Condado de Montgomery, el Gobierno del Condado de Montgomery y Apple, Inc.

REGÍSTRESE AHORA <https://www.montgomerycancode.com/>

Para obtener más información, obtenga más información en [montgomerycancode.com](https://www.montgomerycancode.com) o envíe un correo electrónico a montgomerycancode@mcpsmd.org

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 or falconcamps@team4099.com

EXTRACURRICULAR ACTIVITIES

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

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

- Buses end of Friday, May 9th

MCPS PARENT RESOURCES

[MCPS COMMUNICATION UPDATE 4.18.2024](#)

[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

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

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

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](#)

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)