November 3, 2019
North Bethesda Middle School
News and Notes

North Bethesda Middle School Upcoming Events

Monday 11/4  Boys’ Basketball informational meeting during SOARR for 7th and 8th grade boys in the media center
Tuesday 11/5  Girls’ Basketball informational meeting during SOARR in Mr. Elmer’s room B204. If you plan to try out for the girls’ basketball team this year, students must attend the interest meeting
Wednesday 11/6  Boys Softball AWAY @ Earle B. Wood Middle School  
Girls Softball HOME v. Earle B. Wood Middle School

Friday 11/8  End of First Quarter – Half Day for Students
Saturday 11/9  MCPS Mental Health Fair 10-2 p.m. Gaithersburg High School
Monday 11/11  Arena style conferences Half Day for Students
Tuesday 11/12  Half day for Students and Staff  
PTSA Sponsored Anti-Bullying Assembly  
PTSA meeting 7 p.m. in the Media Center  
Drama Student Interest Meeting
Tuesday 11/19  NAACP Parent Kick Off Northwest High School 7–9 p.m.
Wednesday 11/20  Locker Clean Out and Report Card Distribution through Homerooms. NO SOARR

Greetings North Bethesda Family:

North Bethesda Middle School enjoyed the opportunity to dress up for our spirit days.

I have spoken with Mrs. Baker at WJHS. She shared that information about the APEX program will be shared at a meeting on December 3rd at Walter Johnson High School. More details to come.

Linked here is the letter inviting you to our November arena conferences that I sent out earlier this week in a separate message.

“FALL IN LOVE WITH A BOOK”

“Fall in Love” with a book this November in the Media Center! Here’s how it works: Check out any book from the Media Center in the month of November. Get a review form from Mrs. Woods or Mrs. Kennedy. Read the book and fill out the review form, with a brief description of what you LOVED about the book! Turn in your form to the Media Center by November 27th, and you’ll be invited to our cupcake party in the Media Center after Thanksgiving break.

STEM OPPORTUNITY
Three seniors at Poolesville High School, are free coding classes for middle school girls at the Rockville Library starting on November 16th.

We started this class in order to introduce girls to computer science and provide a supportive community for them to explore and learn programming and engineering in a hands-on manner. All levels of experience are welcome! More information can be found on our website, girlscodemaryland.org and in the flyer. Thanks,

The Girls Code Team
Ishita Chatterjee
Sadhana Lolla
Megha Tummalapalli

COUNSELING DEPARTMENT

Coffee with the Counselors was a hit last week as Dr. Lindsay Scharfstein spoke about anxiety, how to know when it is problematic and how to support our students and children. Here are some of her most salient points.

Fear causes us to experience fight, flight or freeze, which is our body’s natural reaction to threat. Anxiety is the anticipation of a future threat, which also causes us to experience fight, flight or freeze. Dr. Scharfstein says anxiety is like responding to a kitten as if it were a tiger. Some anxiety is natural and healthy, but when anxiety causes a deterioration in functioning it becomes a problem. 30% of teens ages 13–18 will be diagnosed with an anxiety disorder and the good news is it is treatable and coping strategies can help.

We want our students to understand that anxiety is what you feel, but it does not define who you are. We also want to help them adapt to situations slowly and surely that create fear. Some signs that anxiety is problematic are:

- Persistent aches and pains, vomiting
- Sleep difficulty (trouble falling asleep and/or staying asleep)
- School work deterioration
- High rate of absenteeism
- Social isolation
- Refusal to attend parties and events or participate in once pleasurable activities
- Irritability

When we are anxious, our limbic system, the emotional center of our brain, takes over and our frontal lobes, the thinking part of our brain, is shut down. In order to help your child cope, we want to calm the limbic system (emotions) and help re-open the frontal lobes (thinking.) The earlier the intervention happens, the better. Here are some ways to help your children manage emotions:

- As a parent, use emotion words and cope out loud
• Support your child with validation of emotions coupled with a confidence boost rooted in past experience
• Include mindfulness as part of your family’s daily routine (this helps us learn to ground ourselves)
• Say “I notice you are...” rather than “Why are you...?”
• Early on deep breathing, squeezing a stress ball, taking a quick break or texting/talking to a friend can reduce anxiety
• Meditation, exercise, stepping away until calm, and asking for help can also reduce anxiety
• It is also helpful to reframe our thoughts
  o Think of anxiety as annoying false alarm
  o Label anxiety as a bully
  o Feeling scared means, I am being brave
  o Even if it seems hard, I can still do it

Remember that anxiety is typical for all of us, a small dose can protect us but a large dose can interfere with social and emotional development and learning. Take a look at the slides from Dr. Scharfstein’s presentation on the front page of the NBMS website to learn more.

**Personal Body Safety Lessons** – Did you get the letter last week? The Counseling Department along with PE and Health teachers delivered personal body safety lessons to 6th and 8th graders this week. Next week we will meet with 7th graders. We discussed the four different types of abuse: physical, mental/emotional, sexual and neglect, as well as, how to get help. In 8th grade we practiced starting a conversation with a trusted adult. Take a few minutes to talk to your child this week about personal body safety.

**Counseling Department Announcements**

**Caring Matters Family Nights – Grief Support for the Whole Family** – learn coping tools, plan for handling celebrations and mark the absences of a loved one right before the upcoming Thanksgiving holiday on Thursday, November 7th from 5:30–8:00pm. Registration is required and Family Nights fill up quickly. To learn more visit caringmatters.org/family-nights or contact Gilly Cannon at gillyc@caringmatters.org/301-990-8904.

**3rd Blue Collar STEM Conference**, November 9th from 9:00am – 2:30pm, at the IEC– Chesapeake Training Center in Laurel. Focusing on the need for and opportunities for jobs that require non-traditional training and featuring speakers and workshops from labor, industry, education and government. [www.Marylandstemfestival.org/blue-collar-stem](http://www.Marylandstemfestival.org/blue-collar-stem)

Preparing for Success: **Navigating Life, the Streets and Social Media** – a workshop for parents and students on Saturday, November 16th at Montgomery College’s Germantown Campus. Check it out at: [www.preparing4success.com](http://www.preparing4success.com)
Washington Post Columnist Phyllis Fagell talks to parents of rising and current middle schoolers and teens on Tuesday, November 19th, at 8:00pm about key skills students need to thrive in middle school and how parents can help. $25 from the comfort of your couch and your own online device; register at https://pepparentonline.org/p/phyllis_fagell.

We will be holding a Career Day on Friday, December 6th and would love for you to join us. If you will consider sharing your career experience with our students, please email Ashley.B.Rice@mcpsmd.net.

INTERSCHOLASTIC SPORTS NEWS

Boys Softball

On Tuesday, the NBMS boys’ softball team traveled to Westland Middle School to take on the Wildcats. It was a rough start, to say the least, for the boys as Westland jumped out to an early 3-0 lead. The first excitement from the Phoenixes came in the 3rd inning as Ian Lopez hit a ball into the outfield to score the first run for NBMS. Our defense came alive and shutdown the Westland offense with 3 batters up and 3 batters down for 5 consecutive innings. In the 5th inning, bases were loaded up for Vance Bonior, the team’s captain and all-star pitcher. Vance stepped up to the plate with determination on his mind and crushed a GRAND SLAM scoring 4 runs for the Phoenixes. This allowed North Bethesda to cruise to an easy 8-3 victory over Westland. The boys look to round out their season with a win in their final game at Wood Middle School on Wednesday, November 6th. Wish them luck!

Girls Softball

The girls’ softball team lost to Westland MS by a score of 12-7. The Phoenix started off the game slowly offensively, but Ella Hoban, Mackenzie Norris, Mia Doukouris, Phoebe Mills, Sam Bowcut, Charlotte Markey, and Peyton Brown all got hits to help close the gap. Captain Kylie Slack led her team defensively, providing loud and clear direction to her players so they knew where to throw the ball in each situation. The girls play their final game on Wednesday, November 6 at home against Wood MS.

AFTERSCHOOL ACTIVITIES

Now that afterschool activities are up and running, I wanted to make you aware that the main office is not staffed after 4:00 p.m. so your calls may not always be answered. Should you have a question or concern that cannot wait until the next day or you need to get a message to a student, please e-mail all four administrators. Each day that there are activities, there is an administrator on staff who will check e-mails. Here are the email addresses for your convenience:

Annamarie.K.Smith@mcpsmd.org
Lora.A.Brazil@mcpsmd.org
Katherine.B.Rudd@mcpsmd.org
The afterschool activity administrator leaves once all activities are over and all students are picked up usually around 4:45 or 5:00 p.m.

In addition to our wonderful Enrichment Academy offerings sponsored by the PTSA, we have other clubs sponsored by NBMS staff. Most of these activities will begin in early October. Stay tuned for more information. Click here for a link to the after school activities tab on our webpage for more information.

Intramurals

Sixth, seventh, eighth grade students should consider participating in intramurals. Our intramural coordinator is Emily Reuter. See below for our intramurals for the fall:

<table>
<thead>
<tr>
<th>Intramurals</th>
<th>Day</th>
<th>Dates</th>
<th>Location</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Soccer</td>
<td>Wednesdays – Fall</td>
<td>Fall – 9/11-11/20</td>
<td>Gym</td>
<td>Paul Lutchenkov</td>
</tr>
<tr>
<td>Indoor Basketball</td>
<td>Tuesdays &amp; Wednesdays</td>
<td>9/11-11/26</td>
<td>New Gym/Blacktop</td>
<td>Jonathan Puhl, Ben Leffler</td>
</tr>
<tr>
<td>Acro/Fitness</td>
<td>Tuesdays &amp; Thursdays</td>
<td>12/3-2/27</td>
<td>Dance studio/Weight room</td>
<td>Tara Beaton</td>
</tr>
<tr>
<td>Running Club</td>
<td>Thursdays</td>
<td>11/14-5/14</td>
<td>Meet in Chorus room, then outside</td>
<td>Jason McFeaters</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Thursdays – Fall</td>
<td>Fall – 9/12-11/21</td>
<td>Meet on Tennis Courts</td>
<td>Hailey Markos</td>
</tr>
</tbody>
</table>

DRAMA

The Spring Play was announced last Friday. This year, NBMS will be performing Frozen, Jr.

These are the spring play dates: Friday, May 1st, 2020 7:00pm
Saturday, May 2nd, 2020 7:00pm
Sunday, May 3rd, 2020 2:00pm

There will be a student interest meeting: Student Interest Meeting: Wednesday, November 13th.
Audition practice sessions: Tuesday, December 10th & Wednesday, December 11th
Auditions: Thursday, December 12th, Tuesday, December 17th & Wednesday, December 18th
Callbacks: Thursday, December 19th

Please contact Monica Nicolas or Brian Spivey if you have any questions.
AFTER SCHOOL ACTIVITY BUSES

We have three activity buses and their routes can be found using this link.

GRADE LEVEL UPDATES

Each week, grade level updates will be sent out by Friday morning at 8:30 a.m. They will also be posted on the website. Here are the links to this week’s Grade Level Updates.

Grade 6

Grade 7

Grade 8

SAFETY

Please review the MCPS SAFE ROUTES website with your child. Also, remind your children not to play in the storm drain on NBMS property.

In addition, please be mindful in the car rider lane to pull up as far as possible as we are trying to make sure Bradmoor Drive is not blocked. Also, enter the car rider lane single file and be mindful if your car is preventing another drivers’ ability to pass on Bradmoor or in the car rider lane.

Important Reminder for all Parents from the Main Office Staff:

We receive many calls from parents late in the day asking that we deliver messages to students. Also, frequently, we have parents dropping by in the last 20 minutes of school wanting to pick up their children early.

Of course, we want to accommodate all requests. However, it can be difficult to get message to students on a moment’s notice. It means looking up the schedules, then interrupting teachers during their planned lessons.

The school has some strategies in place for facilitating early dismissals. Please send a note with the student in the morning requesting that your child be in the office at the time that you get here. The student will then get a pass, which is then presented to the appropriate teacher at the appropriate time. The student comes to the main office without being contacted by the office. You sign your student out, and off you go!

The benefits are that you will not have to wait, the student will be retrieved in a timely manner, and the classroom and teacher are not interrupted during their lessons.

We recommend that you consider employing a similar strategy to help your student remember after school schedules and/or appointments. You might want to write a note, and put it in or on the student’s agenda book. It’s an opportunity for the student to get a quick reminder, and have some correspondence from mom or dad during the day – a little pick-me-up! For your convenience, we are attaching a hyperlink to the attendance note to be used in the case of absence or early departure.

Attendance Note
Student Service Learning Information

NBMS Student Service Learning (SSL) Coordinator: Carla_A_Jurewicz@mcpsmd.org

NBMS Advertised SSL Opportunities

Montgomery County Volunteer Center SSL Opportunities

Learn about the SSL graduation requirement and how to meet it in MCPS by referring to the website www.mcpsssl.org.

Resources and Information for Parents

MYMCPS Parent Portal Resources

MYMCPS Overview

MYMCPS PORTAL GUIDE

Portal Resources In Spanish

Student Rights and Responsibilities and Code of Conduct

A Student’s Guide to Rights and Responsibilities and the MCPS Code of Conduct have been updated for the 2019–2020 school year. All NBMS students received a copy of these documents through their social studies classes. The documents also are available online here along with other important information for our students.

RideOn Buses

Click here for information on students riding free on RIDE ON buses

DISTRICT NEWS

Links/Additional Information

- MCPS TV: Esta Semana en MCPS
- New on the MCPS Web
- Other News

County to Host Free Flu Clinics in October and November (English and Spanish)

The 2019 flu season is upon us. There are simple steps you and your child can take to stay healthy and help prevent the flu. That includes getting a yearly flu vaccine.

The Montgomery County Department of Health and Human Services will conduct free injectable flu vaccine clinics on Tuesday, November 12 from 1:30 p.m. to 4:00 p.m. for children 18 and under at John F. Kennedy, Northwest, and Rockville high schools. These clinics will be open to any school-aged child. The clinics are free, but registration is required due to limited vaccine supplies. For more information, visit apps.montgomerycountymd.gov/FluVaccine/.
Additional flu clinics for all county residents will be held on Monday, October 21, from 4:30 to 7:30 p.m. and on Monday, November 18, from 4:30 to 7:30 p.m. Both clinics will be held at the Universities at Shady Grove in Rockville. Appointments are required. For more information and to make an appointment visit www.montgomerycountymd.gov/resident/flu.html.

Additional flu prevention information can be found at the following websites:

Centers for Disease Control:

www.cdc.gov/flu/protect/preventing.htm
Montgomery County: www.montgomerycountymd.gov/resident/flu.html

El Condado Tendrá Clínicas Gratuitas de Vacunación contra la Gripe en Octubre y Noviembre

Ya se aproxima la temporada de gripe 2019. Existen simples medidas que usted y su hijo/a pueden tomar para mantenerse sanos y ayudar a prevenir la gripe. Eso incluye vacunarse contra la gripe todos los años.

El Departamento de Salud y Servicios Humanos del Condado de Montgomery (Montgomery County Department of Health and Human Services) ofrecerá clínicas gratuitas para dispensar vacunas inyectables contra la gripe, el martes, 12 de noviembre, entre la 1:30 p.m. y las 4:00 p.m., para menores de 18 años en las escuelas secundarias John F. Kennedy, Northwest y Rockville. Estas clínicas son para cualquier niño/a en edad escolar. Las clínicas son gratuitas, pero se requiere inscripción debido a la cantidad limitada de vacunas.

Para más información, visite apps.montgomerycountymd.gov/FluVaccine/.

Habrá clínicas de vacunación contra la gripe adicionales para todos los residentes del condado el lunes, 21 de octubre, de 4:30 a 7:30 p.m., y el 18 de noviembre, de 4:30 a 7:30 p.m. Ambas clínicas tendrán lugar en The Universities at Shady Grove, en Rockville. Se requiere programar una cita. Para más información y para hacer una cita, visite www.montgomerycountymd.gov/resident/flu.html.

Se puede encontrar información adicional para la prevención de la gripe en los siguientes sitios web:

Centros de Control de Enfermedades (Centers for Disease Control):

www.cdc.gov/flu/protect/preventing.htm
Montgomery County: www.montgomerycountymd.gov/resident/flu.html

Montgomery County Executive to Host Budget Forums

Montgomery County Executive Marc Elrich is holding several budget forums to seek input from residents about Fiscal Year 2021 (FY 21) Operating Budget priorities. The forums are scheduled for:

- **Thursday, November 7 – 7:00 p.m.** – BlackRock Center for the Arts, 12901 Town Commons Drive, Germantown, Maryland 20874
The County Executive will announce his Recommended FY21 Operating Budget on Monday, March 16, 2020. The County Council approves the operating budget at the end of May. Join Montgomery County’s conversation about the FY21 Operating Budget on social media and help raise awareness by using #MoCoBudget21.

High School Application Programs Available on Parent Portal in October
MCPS is offering a convenient way for parents/guardians to consider a student’s high school options for the following school year. In addition to the themed, enriched, and accelerated courses and special programs available at high schools, students in Grades 8–11 may be eligible for high school application programs. In early October, parents/guardians and students will be able to access and review the high school eligibility report for application programs on the myMCPS parent and student portal within the document library.

Students, parents/guardians will be able to sign on to the portal, go to the document library (on the left sidebar) and review the report that reads, “My Student’s High School Application Program Options for 2020–2021.” Each program will have a brief description along with eligibility requirements. Your child’s address, grade level, and current school may impact your student’s eligibility. Make sure your school has your current address. The common application link is personalized to the student’s eligibility. The application deadline is Friday, November 1.

Solicitud para los Programas de Ingreso por Solicitud en las Escuelas Secundarias Disponible en el Portal para los Padres en Octubre
MCPS está ofreciendo una forma conveniente para que los padres consideren las opciones de escuela secundaria para sus estudiantes para el siguiente ciclo escolar. Además de los cursos temáticos, enriquecidos y acelerados disponibles y los programas especiales disponibles en las escuelas secundarias,
los estudiantes en los Grados 8–11 podrían ser elegibles para solicitar admisión a los programas de ingreso por solicitud en las escuelas secundarias. A principios de octubre, los padres y los estudiantes podrán acceder y revisar el reporte de elegibilidad de escuela secundaria para los programas de ingreso por solicitud en el portal myMCPS para los padres y los estudiantes, buscando en la biblioteca de documentos que allí se encuentra.

Estudiantes y padres/guardianes podrán inscribirse en el portal, ir a la biblioteca de documentos (en la barra lateral izquierda) y revisar el reporte que dice: “My Student’s High School Application Program Options for 2020–2021” (Opciones de Programas de Ingreso por Solicitud para Mi Estudiante en las Escuelas Secundarias para 2020–2021). Habrá una breve descripción de cada programa junto con los requisitos de elegibilidad. El domicilio, nivel de grado y escuela actual de su hijo/a podrían afectar su elegibilidad. Asegúrese de que su escuela tenga su domicilio actual. El hipervínculo común de solicitud se personaliza a la elegibilidad del/de la estudiante. La fecha límite para solicitar es el viernes, 1ro. de noviembre.

**MCPS Seeking Feedback on 2020–2021 School Year Calendar Scenarios (English and Spanish)**

During the regular business meeting on Tuesday, October 8, the Board of Education reviewed calendar scenarios for the 2020–2021 school year. As a result of legislative action in last spring’s Maryland General Assembly, school districts in Maryland have the authority again to start school before Labor Day and end the school year after June 15th. As a result, MCPS has developed three calendar scenarios that reflect different start and end dates for School Year 2020–2021. To view the draft calendar scenarios, please visit [www.montgomeryschoolsmd.org/calendar/proposed-calendar-2020-21.aspx](http://www.montgomeryschoolsmd.org/calendar/proposed-calendar-2020-21.aspx).

All draft scenarios for the calendar include:

- 182 student instructional days;
- Full spring break;
- Full professional day for grading and planning at the end of the 1st, 2nd, and 3rd quarters; and
- Possible make-up days both during the school year and extending the school year.

The Board is seeking feedback on the calendar options in the comment box on the website. The Board is scheduled to adopt a final school calendar later this year.
MCPS Solicita Opiniones sobre los Escenarios Propuestos para el Calendario del Ciclo Escolar 2020–2021

El borrador de todos los escenarios para el calendario incluye:

- 182 días lectivos para los estudiantes;
- Vacaciones de primavera completas;
- Un día profesional completo para calificaciones y planificación al final del primer, segundo y tercer trimestre; y
- Posibles días de recuperación de días de instrucción tanto durante el ciclo escolar como extendiendo el ciclo escolar.

El Consejo solicita opiniones sobre las opciones de calendario en la casilla de comentarios de la página web. El Consejo de Educación tiene programado adoptar un calendario final más adelante en este año.

MCPS to Host Mental Health Fair November 9 (English and Spanish)
MCPS is hosting a Mental Health Fair from 10:00 a.m. to 2:00 p.m. on Saturday, November 9, at Gaithersburg High School. Students, staff members, and the community will be able to learn about community and school resources that support students’ physical, social, and psychological well-being.

Celeste Malone, associate professor and coordinator of the school psychology program at Howard University, will deliver the keynote address. She will speak on the topic, Breaking Barriers to Access Youth Mental Health Care.

The event is being sponsored by the Office of Student and Family Support and Engagement and the Montgomery County Psychologists’ Association.

El 9 de Noviembre MCPS Presentará Feria de Salud Mental
MCPS estará presentando una Feria de Salud Mental, el sábado, 9 de noviembre, de 10:00 a.m. a 2:00 p.m., en Gaithersburg High School. Los estudiantes, miembros del personal y la comunidad podrán informarse acerca de los recursos que existen en la comunidad y en las escuelas para apoyar el bienestar físico, social y psicológico de los estudiantes.
Celeste Malone, profesora asociada y coordinadora del programa de psicología escolar en Howard University, estará a cargo de pronunciar el discurso principal. Ella hablará sobre el tema de Cómo Romper las Barreras Que Se Interponen al Acceso de los Jóvenes a Servicios de Atención de Salud Mental.

El evento está patrocinado por la Oficina de Apoyo y Participación Estudiantil y Familiar (Office of Student and Family Support and Engagement) y la Asociación de Psicólogos del Condado de Montgomery (Montgomery County Psychologists’ Association).

NAACP Parents’ Council Kickoff Event to Take Place November 19 (English and Spanish)
The NAACP Parents’ Council kickoff meeting will be held from 5:00 to 9:00 p.m. on Tuesday, November 19 at Northwest High School. This event will bring together parents/guardians, MCPS teachers, principals, and administrators to share ideas on how to champion equity and excellence in education. Participants will have an opportunity to attend a resource fair and various breakout sessions. John B. King Jr., former U.S. Secretary of Education, will be the keynote speaker. The event is free. Register today at: www.eventbrite.com/e/2019-2020-naacp-parents-councilmcps-kick-off-tickets-75534215873?aff=erelexpmlt.

El evento de lanzamiento del Concejo de Padres NAACP tendrá lugar el 19 de noviembre
La primera reunión del Concejo de Padres NAACP se llevará a cabo el martes, 19 de noviembre, de 5:00 a 9:00 p.m., en Northwest High School. Este evento reunirá a padres, maestros, directores de escuelas y administradores de MCPS para compartir ideas sobre cómo apoyar la equidad y la excelencia en la educación. Los participantes tendrán la oportunidad de asistir a una feria de recursos en varias sesiones en grupos separados. John B. King, Jr., antiguo Secretario de Educación de los Estados Unidos, estará a cargo de pronunciar el discurso principal. La participación a este evento es gratuita. Inscríbase hoy en: www.eventbrite.com/e/2019-2020-naacp-parents-councilmcps-kick-off-tickets-75534215873?aff=erelexpmlt

Have a wonderful week!

Warmly,

AnneMarie Kestner Smith, Ed.D.
Principal
North Bethesda Middle School

North Bethesda Middle School Website

Follow me on Twitter @NBMSPrincipal