

North Bethesda Middle School
News and Notes
June 14, 2020

Greetings North Bethesda Family:

We made it! It seems unbelievable that the last time the students were in the building was March 13th. I would like to thank you all for your understanding and flexibility as we adapted to this new reality. We are so proud of our students as well and can't wait to see them back in the school building!

In this week's News and Notes, you will read about item retrieval, a Counseling Update with tips for the summer, and preliminary information about summer school opportunities.

ITEM Retrieval

Please check this [link](#) posted on the website with information about item retrieval, grade level and alphabet scheduled time as well as information about returning items. MCPS students who are returning to the county should keep their CHROMEBOOKS. Items will be picked up at the Cafeteria entrance and cars should enter through the bus loops. Items to be returned (library books, text books, and calculators) should be returned at the main entrance. Students who ordered yearbooks can pick up yearbooks at the main entrance as well.

Please make a large sign with your student's name, ID number and HOMEROOM teacher. Here is a [link](#) to the list of homeroom teachers also posted on our website.

8th Grade Send Off

The 8th grade team and administration created a pre-recorded "**Send Off**" to recognize our 8th graders. The link for the program was release on Friday June 12, 2020 and can be found on our website [here.](#) The program recognized all 8th graders for successful completion of 8th grade, our Presidential scholars, SSL Superintendent award recipients, students who received Honor Roll for 3 years and Straight As for 3 years, 8th grade special awards, and the Phoenix Award.

Congratulations to our 8th graders. We are very proud of you!

COUNSELING UPDATE

While you continue to promote [consistency, connectivity and creativity](#), you may want to find some ways to fill the summer months for your tween/teen. Many summer camps have

been canceled for the summer. The sun sets later and the days stretch longer, hotter and lazier. But laying around day in and day out can wreak havoc on our emotional state. We need to keep our brains active and working and our teens brains too. Some ideas to fill the long days ahead:

- Read! Read! Read! With the library closed you may want to create a book share with neighbors or school friends - porch drop off/pick-ups work great! If you find multiple copies of the same book create a book club and discuss after reading. Amazon has many free books for download and Ms. Woods posted free online books in the NBMS Media Center classroom, but be sure to look at those by Monday.
- Crossword puzzles (those that challenge you) are great brain stimulation. They increase fluency and word find abilities. You can order a book or find them online for [free](#). (this is just one link)
- Maintain physical activity - get a bike ride or run in early morning or late evening when it's slightly less hot. Better yet, create your own obstacle course! And remember to drink water before and after.
- Jigsaw puzzles - when you finish one you can [swap](#) for another
- Practice Mindfulness- meditation helps us strengthen and focus skills like compassion, insight and emotional regulation. [Stressed Teens](#) keeps a nice website and the Counseling Google Classroom has links you can download and save.
 - Grade 6: ytkgs7h
 - Grade 7: y3dymus
 - Grade 8: 466im65
- Learn a new language or strengthen your skills learned during the school year with sites like [Duolingo](#), [Babbel](#), and [Rosetta Stone](#)
- Montgomery College is offering [Youth Summer Programs](#) online
- Call your favorite tutor to help hone your skills or check out a new one!
 - Contact your counselor if you need a recommendation
- Online STEM camps
 - [Boston Tech Mom](#) lists many many of them! And who cares that they are in Boston since we are online!
- Lesson Alive hosts [The Case of the COVID Crisis](#), June 22nd-26th from 1:00-3:00pm in a virtual classroom. Learn about epidemiology, data and graphing.
- MCPS is offering summer school to anyone who feels they need instruction/support. Stay tuned for more information.
- BOND Virtual Learning and Leadership Institute - for male students in grades 4-12, will focus on leadership, social emotional learning, culture and current events. Enrichment program Saturdays, June 27-August 1 with an additional weekly check-in. [Learn more.](#)

Get outside, keep your brain active and keep your body feeling good. Remember to take care of yourself, stay connected (again lots of ideas in Google Classrooms), and find the good in every day. See you for school in 2020-2021.

These are some free and low-cost support groups, parenting classes and online resources in the community:

Growing Minds Center for Child & Family Therapy

- [Resources for talking with children about Race and Social Justice](#)
- [Resources for supporting children through the pandemic](#)

JSSA Free Programs:

- **School Strategies for Your Teen with ADHD/Quarantine Edition** - This may seem a tad late, but it might be beneficial for the fall and summer connections - a 30 minute presentation on how to help your teen navigate academic responsibilities and foster social connectedness while schooling from home. June 25th from 12:00-12:30pm - [Register.](#)
- **Stress Management Seminar - Beyond Sleep, Diet & Exercise**- Life is stressful at the best of times. This one hour webinar will offer attendees an in-depth look into the factors that impact the levels of stress in our lives. Attendees will also be given a wide range of tools and strategies designed to help people minimize and effectively manage it. June 8 @ 10:00 a.m.; June 10 @ 5:00 p.m. Free. [Register here.](#)
- **Support Group for Unemployed Adults During COVID-19**- Have you found yourself unemployed during the COVID-19 pandemic? Join our adult support group for those unemployed during the crisis. We will share resources, emotional support and learn problem solving techniques for issues related to unemployment. We will also talk about how to create structure in your day and adopt positive self-care habits. Resources for additional counseling will be discussed as well. Begins Monday, June 1 from 10 a.m. - 11 a.m. Free. [Register here.](#)
- **Learning to be Social During Social Distancing for Teens and Young Adults**- A social support group to help teens and young adults learn new ways to increase socialization during social distancing. The group will go over (and in some cases participate in) different games, activities, and applications available to help in maintaining social interaction with family and friends during the COVID-19 pandemic. Meets every Tuesday. **For ages 13-17:** Tuesdays at 5:00 p.m. **Ages 18+:** Tuesdays at 6:00 p.m. **Cost:** FREE [Register.](#)
- **Social Support Group for Kids Aged 10-12** -Join us for a new support group for kids ages 10-12 to talk about coping skills for strong feelings like anger, sadness, and boredom. Kids will play games and learn healthy coping strategies and social skills. Pajamas are welcome. Every Thursday from 4:00-4:30pm. Free. [Register here.](#)

The Chesapeake Center introduces new Summer Social Connections for middle and high school students. Groups are virtual and begin June 29th. These groups will help to build and strengthen social skills. [Middle School Info.](#) [High School Info.](#)

Parent Child Journey has a new **FREE Parent Support Group** - Mondays at 1:00pm. If you are feeling stressed and uncertain, you are not alone. Dr. Dan will facilitate parent-to-parent online group discussion starting May 4th. [Register here to join.](#)

On the PEP Blog, [How to Talk to Children About Death During the Coronavirus Pandemic](#)

Caring Matters - Virtual Grief Support Groups during Covid19

- For adults: contact Jim Rossi, jimr@caringmatters.org, 301-990-0854
- For children: contact Gilly Cannon, gillyc@caringmatters.org, 301-990-8904
- Here are some [activities](#) to do at home related to memories, connection and comfort

The Treatment and Learning Centers NEW virtual therapy groups:

- [Emotional First-Aid for Healthcare Providers on the Frontline](#), join a clinical psychologist, specialized in traumatic stress, to learn effective coping strategies to bandage your emotional wounds and prevent them from becoming lifelong scars. Wednesdays, 4/29-6/17, from 4:00-5:00pm, FREE!

[Washington Behavioral Medicine Associates](#) has FREE and reduced services. Register at hello@wbma.cc.

- 'Tween Mindfulness with Art Support Group - ages 11-13, Mondays 4:00-4:45pm
- Teen Talk Space Support Group - ages 14-18, Tuesdays 2:00-2:45pm
- College Student Mindfulness Support Group, Fridays 2:00-2:45pm
- Parent Talk Support Group - Thursdays 9:00-9:45am

SUMMER SCHOOL

Montgomery County Public Schools is providing virtual summer school opportunities for middle school students between July 13th and August 14th free of charge. We will be sending out our course offerings in the next week. We are hoping to be able to offer courses to provide students a “boost” to the next level of English or Math and 3-5 enrichment courses. I will send out this information as soon as possible.

Thank you for your support and kind words of appreciation during this time. Our staff and I truly appreciate our community!

Please do not hesitate to reach out to me in the summer should you or your family need anything. Stay healthy and safe and have a good week!

Warmly,

[AnneMarie Kestner Smith, Ed.D.](#)

Principal North Bethesda Middle School

[North Bethesda Middle School Website](#)

Follow me on Twitter [@NBMSPrincipal](#)