

# THE WEEKLY FALCON

for the week of 4/28/2024

## NEWS FROM THE NEST...



### *Finishing Strong - A Life Lesson*

To Our Falcon Family,

Testing season is upon us. This week, scholars will sit for the first time for the computer-based District of Columbia's Comprehensive Assessments of Progress in Education, DC CAPE. Similar to other annual state tests, scholars will be evaluated in the areas of English/Language Arts (ELA), Mathematics and Science, specifically Biology. While the educational experience is ultimately comprehensive, these important outcomes will provide us with information about our strengths and challenges in the classroom. Most significantly, we will be provided with ingredients to create a roadmap forward. As a staff, we are committed to creating a testing environment that demonstrates we believe in each student utilizing their full potential and that assessment season is an opportunity to shine! With this in mind, limiting any off-campus appointments this week is vital and we appreciate your support of our efforts.

Our seniors are now in their final month at SEED DC with 20 school days remaining. Distractions are inevitable and we are working diligently to make these weeks meaningful and preparatory for the next leg of their academic pathway. Please work with us on this stability and consistency as it is critical we all stay the course until graduation day. Senior families, your scholars have received a calendar of exciting events and traditions reflective of the SEED model to honor our graduates and celebrate their efforts, accomplishments and successes that lie ahead. We sincerely hope you are able to join us on multiple occasions prior to commencement on June 15, 2024. You will receive a separate communication in the next week with details about our graduation exercises.

Thank you for your faith in SEED DC as I am deeply committed to ensuring we provide a menagerie of opportunities that thoughtfully prepare all scholars for collegiate success and a meaningful, rewarding future.

Warmly,  
Ms. Hood

## UPCOMING SCHOOL EVENTS

- **4/30 - 5/14:** DC CAPE (*Refer to email from Ms. Jones for more details.*)
- **5/1:** Re-enrollment & Residency Verification Deadline
- **5/12: Mother's Day (No Sunday Check-in)**
- **5/13: Monday Morning Check-in, 6-7:30 a.m.**
- **5/14-17:** Senior Week
- **5/17:** Senior Trunk Party & College Decision Day
- **5/19:** Senior Brunch
- **5/22:** Senior Move-out Day
- **5/23:** Senior Prom
- **5/25: No Sunday Check-in**
- **5/26: Memorial Day (School closed for students & staff)**
- **5/27: Tuesday Morning Check-in, 6-7:30 a.m.**

# ATTENDANCE GUIDELINES

## EARLY DISMISSALS AND PLANNED ABSENCES

In the event, a scholar needs to leave campus during the school week and will miss any part of the school programming (academic or student life), including Sunday check-in, families should send an email to [attendance@seedschooldc.org](mailto:attendance@seedschooldc.org). The email should include the following:

1. Scholar's name
2. Date(s) of absences
3. Date and time of pick-up and drop-off
4. Name of an adult who will pick up the scholar (proof of identification will be required)
5. If student is departing on their own, please indicate the mode of travel (Uber, Lyft, Metro, etc.)
6. Reason for absence/appointment

### **Please note:**

All communication regarding absences must be submitted in written form by the parent/guardian/caregiver on file. SEED DC will not allow a scholar to leave campus without a prior written communication from the parent/guardian/caregiver on file.

Scholars must be signed out at the front desk in the lobby for early dismissal and signed in when returning to campus. All written communication should be sent to

[attendance@seedschooldc.org](mailto:attendance@seedschooldc.org) and should include the time the student will depart and return, mode of transportation, and contact information for an adult authorized to pick the student up.

This includes transportation via Metro, Uber, Lyft, or riding with other families.

Staff may be directed to conduct a follow-up phone call, to confirm details or ask clarifying questions. When a scholar returns to campus following a medical visit, a signed medical note from the medical facility must be presented to the receptionist stating the reason for the absence.

***If a scholar needs to leave early on a Friday, families should send an email to [attendance@seedschooldc.org](mailto:attendance@seedschooldc.org) no later than 8 p.m. on Thursday evening.***

Student Life staff will be notified to have scholars bring their belongings from the residence halls in the morning to place in the academic building.

Please note that emails sent after 8 a.m. will not be honored, as the residence halls are closed from 8 a.m. until student life staff arrives for check-out, 4 p.m. ***There is no access to the residence halls before the regular check-out time.***

If you still have to pick-up your scholar, you will have to return to pick up their belongings between 4 p.m. - 5 p.m.

**Absent for three (3) or more days?**

**Please contact the Attendance Coordinator at (202)248-7773 x5116.**

# STUDENT LIFE UPDATES

## Check-in and Checkout Procedures

All students are required to check-in on Sundays between 7:00 - 8:30 p.m. Students who do not check-in on Sunday will not be permitted to board the remainder of the week, but must still attend school during the academic day. Transportation will not be provided. Please see the following exceptions:

- Medical appointments scheduled for the Monday after Sunday check-in
  - The student must present medical appointment documentation upon arrival to campus to return to the boarding program. Please send an email to [attendance@seedschooldc.org](mailto:attendance@seedschooldc.org) to report all medical appointments.
- Student returning from an out-of-school suspension

Students will not have early access to the dormitory on any day. Students who need to depart campus early on any day must bring their belongings with them to the designated location when they transition from the dormitory. ***Parents/Guardians/Caretakers must submit an early dismissal request to [attendance@seedschooldc.org](mailto:attendance@seedschooldc.org) by 8:00 p.m. on the night before the requested early release day.***

## “Carryout Night” Suspended

- Due to the repeated student behaviors that necessitates an increase in supervision and compromises our school safety measures, the weekly “carryout night” incentive is suspended until further notice, effective immediately. Students are not permitted to order outside food or other items. Parents and families are prohibited from bringing outside food or ordering outside food for students. Violation of this order will result in disciplinary actions up to and including suspension from the boarding program.
- Snacks must be brought in with Sunday check-in items. ***SEED DC will confiscate and discard any snacks or food items brought in after Sunday check-in during the boarding week.***

## Uniform and Cell Phone Expectations

- All students are required to wear school uniforms everyday as has been the protocol since September. The school uniform consists of a SEED polo shirt, khaki pants, and closed-toe shoes.
- Headgear is prohibited including ski masks and bonnets during the academic day and throughout student life programming.
- All students are required to turn in their cell phones in the dormitory every morning before transitioning to the academic building for breakfast. The collection process has been clearly explained to all scholars.

## Sign-in and Sign out Procedures

- For student safety and security, students are not permitted to leave campus for any reason, except for scheduled appointments. Students are required to sign out at the front desk prior to departing campus for scheduled appointments. The parent/guardian/caregiver must return with the scholar and provide the appropriate documentation by no later than 8:00 p.m. on the day of sign-out.
- Parents/families are not permitted to grant permission for a student to leave campus for unscheduled appointments. Students who depart campus for unscheduled appointments will not be permitted to return to the boarding program on the day of sign out.
- Students under the age of 18 are not permitted to depart campus without an adult, unless transportation is coordinated with a member of the Student Life Leadership Team.



## DC CAPE, APRIL 30-MAY 14

Dear Parent or Guardian:

As your child grows, we want to determine how children in our school are learning core academic skills. We are writing to inform you that SEED DC will administer the DC CAPE and DC Science test this spring. These assessments allow us to know where students are in their academic journey, how we can best respond to their needs and how our city can make the right investments for student success. We want to take a few moments to explain what these assessments are and why your student is taking them.

We are fortunate to have peer-reviewed, tried-and-true assessments that have been successfully administered every year since 2015 other than the two-year break when students were not physically in schools. These assessments are developed and improved upon every year by our state education agency, the Office of the State Superintendent of Education (OSSE), in partnership with content experts and outstanding local educators. They test student understanding of key academic skills for each grade level that they are learning every day, so your student does not need to study or do any special preparation. Of course, these assessments are one measure of student learning at one point in time. They do not tell your child's whole story; they help us support them. The detailed results will help us understand your child's strengths and needs so that we can better support them through instruction and enrichment.

In the District of Columbia, the DC CAPE Mathematics and English Language Arts/Literacy (ELA) assessments are required for students in grades 3-8, and for high school students when they are enrolled in courses aligned with the PARCC ELA I and II, and PARCC Algebra I, II, and Geometry assessments depending on the student's and school's curriculum. As a city, we need to have a high participation rate to ensure we receive much-needed federal funding for our schools. [Additionally, the District of Columbia requires the DC Science for high school students when they are enrolled in courses aligned with Biology.]

At our school, students in grades 9,10, and 11 will take the DC CAPE assessments on chromebooks. Please rest assured that students with identified learning needs will be provided necessary test accommodations per their individual plans (IEP, 504 plan, and/or EL plan).

At SEED DC, the DC CAPE assessments will be administered APRIL 30 - MAY 14 in the following content areas:

- ENGLISH I
- ENGLISH II
- ALGEBRA I
- GEOMETRY
- ALGEBRA II

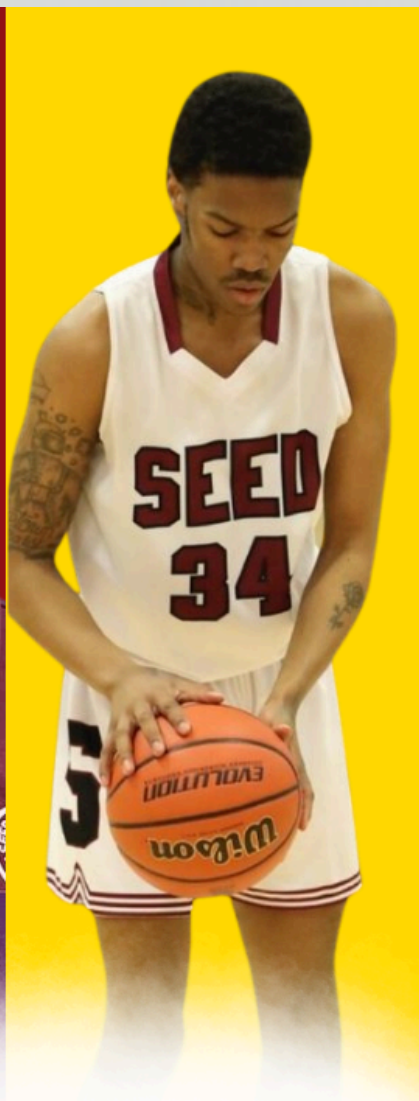
We are excited that DC students are participating in these high-quality, next generation assessments that will help all of us better understand what our students know and are able to do. You can find a suite of helpful resources, including sample score reports, at <https://osse.dc.gov/dccape> to help you better understand and prepare for the assessments. We ask for your assistance in encouraging your child to do his or her best, and in making sure your child is present and on time during the testing windows for both assessment and instruction.

If you have any questions regarding these assessments, please contact me, and I will be happy to speak with you. Thank you for your continued support and cooperation.

Sincerely,

Jorden Jones

Senior Director of Academics



ST. COLUMBIA

# NOW IS THE TIME TO SUBMIT RE-ENROLLMENT

**The re-enrollment deadline is  
May 1, 2024.**

- 1st 150 completed by 5/1 will receive a new SEED sweatshirt
- Weekly prizes for students
- Prizes & raffles for families

**For assistance call  
202-248-3025 or email  
[admissions@seedschooldc.org](mailto:admissions@seedschooldc.org)**



**FALCON PRIDE!**



# Monthly Attendance Incentives

<p><b>FEBRUARY</b></p> <p><del>Flowers</del></p> 	<p><b>MARCH</b></p> <p><del>Fidget Toy</del></p> 
<p><b>APRIL</b></p> <p>Movie Day</p> 	<p><b>MAY</b></p> <p>Cold Treat</p> 
<p><b>JUNE</b></p> <p>Snack Pack</p> 	

**SCHOLARS WHO ARE PRESENT EVERY DAY FOR THE MONTHS LISTED WILL RECEIVE AN INCENTIVE. INCENTIVES ARE SUBJECT TO CHANGE.**

**QUESTIONS, PLEASE SEE MS. HOLLOWAY**

This is a reminder that in efforts to hold our scholars accountable, you will continue to receive an attendance alert for every period your scholar is marked absent. Please use this weekend to speak to your scholar (s) about the importance of showing up to class on time, prepared and ready to learn. Remember that every day counts! Scholars who are present everyday will receive an incentive at the end of each month.

# BREAKFAST & LUNCH MENU

## Life Cycle of a Frog



The Egg is the first phase of the life cycle of a frog. A frog begins life as a fertilized egg. A female frog lays a lot of eggs (thousands of eggs at once) usually in or near water. Eggs are covered in a jelly-like substance which makes them slippery. The jelly protects them from other animals eating the eggs. Now the eggs are ready to hatch into tadpoles.



The Tadpole is the second phase of a frog's life cycle. A tadpole hatches from an egg. When the tadpole hatches, it has no legs. It breathes using gills and moves like a fish. It uses its long tail to swim. Tadpoles eat small water plants and algae. It looks more like a fish than a frog.



As it matures, the tadpole begins to have two hind legs and has a long body along with its head. With the help of its two hind legs, it can easily jump around instead of just swimming. It is developing lungs, so that it can also breathe out of water when it becomes a frog. With all these changes, the tadpole looks a bit more like a small frog. It takes about 21 days for tadpoles to form.



Froglet is the third stage of a frog's life cycle. In this stage the lungs and two front legs also grow. Its long tail becomes shorter and shorter. Due to the lungs, the froglet also floats above the water to breathe air. At this stage of the life cycle, a froglet does not require anything else to eat because it uses the nutrients stored in its tail as food. Now it looks like a young frog.



The Adult Frog is the fourth and final stage of its life cycle. Now it is perfectly fit to leave the water and live on the land. The frog's tail disappears completely and the frog starts eating insects. The mother frogs return to the water to lay eggs, and the life cycle of a frog begins again.

## National Frog Month

# APRIL 8 - MAY 3

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

The "Healthier" ■ indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat

Vegetarian Option ▼  
Low Fat Option ♥  
Healthier Option ■



Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.

This institution is an equal opportunity provider. Menu subject to change.

<b>8</b>	<p><b>Breakfast</b> Applesauce or Fresh Fruit Whole Grain Egg &amp; Cheese Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Chopped Salad Flatbread Pepporoni Pizza Flatbread Cheese Pizza Veggie Flatbread Pizza ▼♥</p> <p>Whole Grain Flatbread Roasted Green Beans Diced Peach Cup or Fresh Fruit Snack: Whole Grain Goldfish Apple Juice</p>	<b>9</b>	<p><b>Breakfast</b> Apple Slices or Fresh Fruit Whole Grain Bagel Whole Grain Cereal, Strawberry Yogurt, 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Lemon Orzek Chicken Veggie Hummus ▼♥ Brown Rice Tabouli Stir Fried Veggies Fresh Fruit or Fresh Fruit Salad Snack: Whole Grain Pretzel Fish Fruit Cup</p>	<b>10</b>	<p><b>Breakfast</b> Fresh Fruit or Orange Juice Cup Warm Maple French Toast Tira Bar Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Buffalo Chicken Bites Buffalo Tofu Bites ▼♥ French Fries Parmesan Zucchini Sticks Tomato Basil Salad Fresh Asian Pear or Fresh Fruit Snack: WG Popcorn Apple Slices</p>	<b>11</b>	<p><b>Breakfast</b> Fresh Berries or Fresh Fruit Yogurt Parfait, Whole Grain Pop Tart String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Chicken &amp; Roasted Pepper Quesadilla Cheese Quesadilla ▼♥ Whole Grain Tortilla Roasted Carrots Black Bean &amp; Corn Salad Grapes or Fresh Fruit</p>	<b>12</b>	<b>Professional Development</b>
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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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# Spring Break

<b>22</b>	<p><b>Breakfast</b> Fresh Fruit or Citrus Fruit Salad Blueberry Waffles Whole Grain Croissant, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Classic Potato Salad BBQ Pulled Pork or BBQ Chicken Salad Hot Spiced Apples BBQ Veggie Chicken ▼</p> <p>Whole Grain Crust Vegetarian Baked Beans Banana or Fresh Fruit Snack: Yogurt Whole Grain Pretzels</p>	<b>23</b>	<p><b>Breakfast</b> Apple Slices or Fresh Fruit Whole Grain Bagel, Yogurt Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Beef Chili or White Chicken Chili ▼ Black Bean &amp; Sweet Potato Chili ▼ Whole Grain Tortilla Chips Baked Potato Sweet Skillet Corn Combread Cut Melon or Fresh Fruit Snack: Nutrigrain Cereal Bar Cheese Stick</p>	<b>24</b>	<p><b>Breakfast</b> Fresh Grapes or Fresh Fruit Southwestern Breakfast Burrito Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Fresh Fruit Salad Chicken Curry Chickpea Marsala ▼♥ Brown Rice Pita Bread Triangles Honey Glazed Carrots Sautéed Spinach Banana Snack: Peach Cup Teddy Grahams</p>	<b>25</b>	<p><b>Breakfast</b> Grapefruit Sections or Fresh Fruit Whole Grain Pop Tart Yogurt Parfait, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Whole Grain Pasta Salad Chicken Tenders Vegetarian Chicken Nuggets Whole Grain Biscuit Cucumber Slices w/Ranch Dressing Sweet Potato Fries Applesauce or Fresh Fruit Snack: Cheezits Apple Juice</p>	<b>26</b>	<p><b>Breakfast</b> Banana or Fresh Fruit Whole Grain Pancake Chicken Sausage Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Flatbread Pepporoni Pizza Flatbread Cheese Pizza Veggie Burgers ▼♥ Whole Grain Bun Marinated Tomatoes Herb Roasted Carrots Fresh Peas</p>
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<b>29</b>	<p><b>Breakfast</b> Red Delicious Apple or Fresh Fruit Ham &amp; Cheese on Whole Grain Croissant Tira Breakfast Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Swedish Meatballs Vegetarian Meatballs Brown Rice Pilaf ♥ Macaroni &amp; Cheese Celery Stick w/Ranch Dressing Spiced Black Beans Fresh Fruit or Grapes Snack: WG Popcorn Peach Cup</p>	<b>30</b>	<p><b>Breakfast</b> Orange Juice Cup or Fresh Fruit Whole Grain Honey Biscuit Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Teriyaki Chicken Tofu Veggie Grilled Chicken Strips ▼♥ Fried Brown Rice Fresh Steamed Broccoli Orange Slices or Fresh Fruit Snack: Sunchips Fruit Juice</p>	<b>May 1</b>	<p><b>Breakfast</b> Fresh Fruit or Banana Whole Grain Honey Biscuit Banana Bread, Hard Boiled Egg Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Cool Asparagus &amp; Pee Salad Ham &amp; Cheese Sub Whole Grain Sun Chips Lentil Salad ▼ Whole Grain Sub Roll ♥ Quinoa Italian Baked Tomato Halves Apple Slices or Fresh Fruit Snack: Yogurt, Graham Crackers</p>	<b>2</b>	<p><b>Breakfast</b> Banana or Fresh Fruit Whole Grain Pop Tart Blueberry Muffin, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Lentil Salad Lemon Baked Tilapia Cheese Ravioli in Marinara Sauce ▼ Brown Rice Pilaf Roasted Green Beans Fresh Baby Carrots w/Ranch Dressing Fresh Berries or Fresh Fruit Snack: Sliced Apples Whole Grain Goldfish</p>	<b>3</b>	<p><b>Breakfast</b> Fresh Fruit or Fruit Salad Whole Grain English Muffin w/Egg, Cheese &amp; Turkey Bacon Egg, Cheese &amp; Turkey Bacon Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Chicken Caesar Wrap Hummus &amp; Toasted Veggie Wrap ▼ Whole Grain Tortilla Cucumber &amp; Bell Pepper Cruditte Roasted Potato Wedges Apple Slices</p>
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## SEED School of Washington DC Breakfast & Lunch Menu

# DINNER MENU

## APRIL 8 - MAY 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### National Guitar Month

The ancestor of the modern guitar was probably first made in 16th-century Spain. The first acoustic guitars made hundreds of years ago had four, as opposed to six, strings. Electric pickups were first added to acoustic guitars in the 1920s. Les Paul invented the first solid-body guitar that, because it had no soundbox, needed an electric amplifier to transmit the sounds of its vibrating strings.



Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE.

8

Beef & Rice Soup  
Deviled Egg Salad  
Arugula & Red Onion Salad  
  
Brisket Pot Roast  
Grilled Cauliflower Steak w/Tahini Currin Sauce  
  
Peas & Pearl Onions  
Farmer's Market Vegetable  
Warm Rustic Breads  
Spinach Gratin  
  
Shortcake Bar

9

Marsala Mushroom Soup  
Marinated Cucumbers  
Merrweather's Three Bean Salad  
Greek Spinach Salad  
  
Pork Carnitas Fajita  
Chicken Fajita  
Spicy Black Bean Tostada  
  
Spanish Rice  
Sautéed Squash & Onions  
Farmer's Market Vegetable  
Jalapeno Cornbread  
Mexican Pinto Beans  
Sopapillas  
Chocolate Sauce & Honey

10

Creamy Potato Soup  
Garden Tossed Salad  
BLT Wedge Salad  
  
Country Fried Steak  
Herb Roasted Turkey Breast  
Caribbean Vegetable Stew  
  
Roasted Sweet Potatoes  
Southern Style Collard Greens  
Farmer's Market Vegetable  
Soft Brioche Roll  
Vanilla Ice Cream

11

NO  
DINING  
SERVICE

12

PROFESSIONAL  
DEVELOPMENT  
DAY

15

16

17

18

19

## APRIL BREAK

22

French Mushroom Soup  
Soup du Jour  
Deviled Egg Salad  
BLT Salad w/Real Mayo  
  
Braised Beef Brisket  
Herb Roasted Salmon  
Grilled Portobello Mushrooms  
  
Garlic & Parmesan Mashed Potatoes  
Fresh Green Beans & Sautéed Peppers  
Farmer's Market Vegetable  
Warm Parker House Roll  
Warm Peach Crisp  
Vanilla Ice Cream  
Tea

23

Soup du Jour  
Steak & Potato Soup  
Turkey Salad w/Cranberries  
Sweet & Spicy Kale Salad  
  
Fried Chicken  
Oven Fried Chicken  
Buffalo Fried Cauliflower  
  
Macaroni & Cheese  
Sautéed Squash & Onions  
Farmer's Market Vegetable  
Cheddar Bay Biscuit  
Pimento Cheese  
Chocolate Mousse

24

Potato Cheddar Soup  
Curried Chicken Soup  
Tuscan Tuna Salad  
Spinach Salad w/Grilled Onions  
  
Grilled Pork Chop  
Maple Glazed Turkey Breast  
Mustard Crusted Tofu w/Kale & Sweet Potatoes  
  
Twice Baked Potato  
Creamed Spinach  
Caramelized Brussels Sprouts  
Crusty French Baguette  
Southern Corn Pudding  
Ice Cream Sundae Bar  
Punch

25

Soup du Jour  
Chili Cheese Chowder  
Crispy Chicken Cobb Salad  
  
Fisherman's Platter  
Sweet & Sticky Chicken Leg  
Baked Battered Fishless Filet  
  
Waffle Fries  
Roasted Butternut Squash  
Farmer's Market Vegetable  
Cheddar Bay Biscuit  
Marinated Vegetable Stew  
Cheesecake

26

NO  
DINING  
SERVICE

29

Lentil Spinach Soup  
Marinated Carrot Salad  
Spring Three Bean Salad  
  
Garlic Cajun Flank Steak  
Chicken Piccata  
Chimichurri Tofu Steak  
  
Wild Rice & Cinder Plat  
Brown Butter Sautéed Broccoli  
Dinner Roll  
Cupcakes/Sweet Tea

30

Sausage & Kale Soup  
Snap Pea Salad w/Fresh Mozzarella  
Egg Salad  
  
Sticky Sriracha Meatballs  
Thai Turkey Meatballs  
Vegan Grape Jelly Meatballs  
  
Potato Tarts  
Tomatoes Baked w/Cheese  
Farmer's Market Vegetable  
Warm Parker House Roll  
Chocolate Pudding Cup

Spring Chicken & Vegetable Soup  
Red Dill Potato Salad  
Mixed Lettuce Salad & Herb Vinaigrette  
  
Belgian Waffle  
Buttermilk Pancakes  
  
Hash Browns/Scrambled Eggs  
Tofu Veggie Scramble  
Apple Muffin/Orange Juice

Steak & Potato Soup  
Strawberry Balsamic Pasta Salad  
Greens w/Tomatoes, Goat Cheese & Dijon Vinaigrette  
  
French Fries  
Bacon Cheeseburger  
Grilled Cheddar Turkey Burger  
Grilled Veggie Burger  
  
Farmer's Market Vegetable  
Ice Cream Sandwich/Lemonade

NO  
DINING  
SERVICE

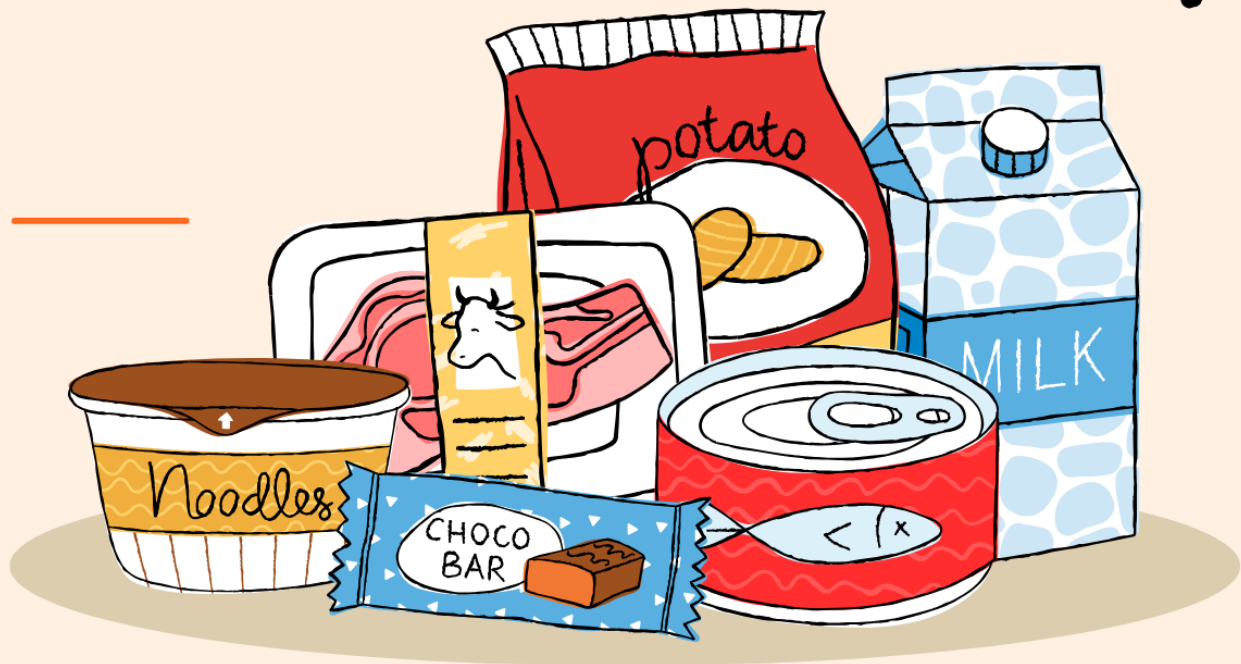
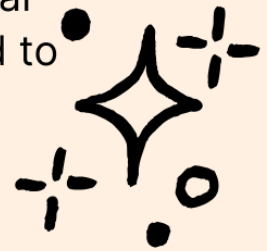
SEED SCHOOL OF WASHINGTON DC DINNER MENU



# FOOD ASSISTANCE



If you or someone you know is experiencing food insecurity, help is available via several federal food assistance programs designed to provide access to healthy food.



## NEED HELP? GET HELP!

For more information on where to find food :

**202-644-9807**

**[hungerlife@capitalareafoodbank.org](mailto:hungerlife@capitalareafoodbank.org)**

**[Food Bank for the Washington, DC, Region](#)**

MARYMOUNT UNIVERSITY SUMMER RESIDENTIAL PROGRAM FROM JULY 7-20, 2024



MARYMOUNT  
UNIVERSITY



# Summer Institute 2024



## July 7 – July 20th

2-week intensive courses earning three credits. Class runs 9 am – 5 pm. Evening assignments, field trips, and group activities are included, and students live in the dorms. Commuter and residential options.

**Introduction to  
Criminal Justice**

Live and learn in  
community

**Maker-neering –  
Engineering –  
with Maker  
Tools**

Experience a college-  
level course

**Introduction to Media  
Communication**

Earn college credit that  
can transfer with you.



[www.marymountlearnwithpurpose.com](http://www.marymountlearnwithpurpose.com)

**APPLY NOW**



ARE YOU IN HIGH SCHOOL? EAGER TO CHANGE THE WORLD, AT HOME OR ABROAD?

JOIN LEARNSERVE FELLOWS!

LearnServe International brings together high school students from D.C., Maryland and Virginia to come up with ideas and launch businesses that make real impact on issues like climate change, racial equality and social justice. And we're also connecting with local students in Zambia, Paraguay and South Africa to tackle worldwide challenges!

We're seeking dedicated youth from public, independent and charter schools in DC, Maryland, and Virginia that have a passion to create social change with a community of peers. Join an important and committed community of alumni and mentors with LearnServe!

LearnServe gave me a newfound perspective on how I approach social problems, and gave me the tools to find solutions.

HANNAH, LearnServe Fellow 2020

Students interested in being a LearnServe Fellow should see Dr. Bagley or Ms. Grant, ASAP. Applications are still being accepted.

Click the flier to the right to apply online.

FELLOWS PROGRAM

Tackle a social issue that makes you mad and create an innovative solution in your community while connecting with like-minded peers across the region! Gain an in-depth understanding of how to design and launch a social venture, combining business and changemaking skills to make an impact. All LearnServe Fellows can receive up to 50 community service hours upon completion of the program.

WHEN

- September - March
In-Person/hybrid weekly sessions
Wednesdays, 2:30-4:30 or Thursdays, 4:30-6:30pET
Location TBD (in downtown DC)

REQUIREMENTS

No prior experience necessary. LearnServe Fellows are curious about the world, open to and excited about meeting people with different perspectives, and determined to make a difference on the issues that matter most.

PROGRAM COST

\$50 - \$1,250 sliding scale enrollment fee. Enrollment fee dependent on household financial circumstances. Financial circumstances do not factor into application consideration or program acceptance.

HOW TO APPLY

Apply online at learnserve.org/fellows by Friday, September 1



OUR IMPACT

- 84% of alumni say LearnServe empowered them to take action beyond our programs.
82% of students volunteer after LearnServe, over half of them serving in leadership roles.
95% mention LearnServe on their college applications.

"It's hard for teenagers like us to get our thoughts out, because we're not taken seriously. It is great to have that chance through LearnServe."

DEMIA, LearnServe Fellow 2020

VISIT US

To learn more about our programs and application deadlines and to read stories from our student alumni, visit www.learn-serve.org or contact our Office Manager, Latoya Felder at latoya@learn-serve.org.



# FULL UNIFORM COMPLIANCE EXPECTED

Please continue to check your scholar's luggage to ensure they have enough uniforms for the entire week, and remind them that bonnets, ski masks, or any other headgear are to be left in the dormitory and not worn during the academic day.

Also, continue to stress to them the importance of turning in cellphones before leaving the residence halls. Cellphones will be returned at the end of the academic day, upon their return to the residence halls.

Thank you for your continued partnership & support!

## UNIFORM POLICY

### The SEED Uniform Policy

All SEED scholars are expected to be in the full appropriate SEED uniform throughout the academic day. The SEED uniform contributes to ensuring a safe and secure campus in addition to the overall sense of unity as a school community. It enhances the learning atmosphere, adds a sense of pride, and promotes respect for oneself and others. It also builds school and community spirit, and, more significantly, helps to maintain high academic standards and social-emotional development among scholars.

Scholars must check into school with the appropriate number of uniforms for the week and have appropriate clothing for the boarding program. Each week at check-in, student life staff will make every effort to ensure that scholars are properly outfitted for the week, although it is the responsibility of parents and scholars to come to campus fully prepared for the week ahead. In the event your child is not properly outfitted for the week, parents will be called and asked to bring appropriate uniforms and other clothing to campus by 7:00 a.m. the next morning.

Scholars will not be allowed off the residence hall floor without being in proper SEED uniform. If for some reason, scholars make it off the residence hall floor without the appropriate uniform item(s), parents should expect to receive a call regarding their child's uniform violation.

In the event that a scholar does not have the appropriate uniform at school, parents will be expected to bring their child all of the needed uniform pieces.

+ Scholars not in proper school uniform during the academic day will receive a disciplinary response from an administrator.

SEED UNIFORM	
Shirts	<ul style="list-style-type: none"><li>All school scholars must wear a burgundy polo shirt that bears the SEED DC logo.</li><li>Shirts must be tucked in at ALL times.</li><li>Seniors may wear the striped senior oxford</li></ul>
Pants/Skirts/Shorts	<ul style="list-style-type: none"><li>Tan khaki uniform pants, skirts, shorts or jumpers (knee length only) must be worn throughout the school year.</li><li>All tan khaki pants and shorts must have belt loops.</li><li>Tan khaki uniform shorts may only be worn as a part of the fall uniform (August – Thanksgiving Break) and as a part of the spring uniform (Spring Break – June).</li></ul>
Belts	<ul style="list-style-type: none"><li>Belts must be worn with pants, shorts or skirts with belt loops.</li><li>Belt buckles must be plain and appropriate.</li></ul>
Head Gear	<ul style="list-style-type: none"><li>Scholars cannot wear any of the following headgear: baseball caps, skull caps, doo-rags, head wraps, bonnets, hair curlers, scarves of any kind, or knitted caps.</li><li>Scholars are permitted to wear any solid color headband</li></ul>
Outerwear	<ul style="list-style-type: none"><li>Scholars may ONLY wear SEED uniform sweaters, sweatshirts and/or fleece jackets as sold at Risse Brothers, located at 9700 Martin Luther King Jr. Hwy B, Lanham, MD 20706.</li><li>Scholars must wear <u>polo's</u> underneath ALL outerwear.</li><li>Scholars are not allowed to wear hooded sweatshirts</li></ul>
Shoes	<ul style="list-style-type: none"><li>Scholars can wear shoes of their choice with the exceptions listed below.</li><li>Scholars may not wear high heel shoes or wedges (exceeding 1") flip-flops, sandals, slippers, or any other open-toed or heel out shoes.</li></ul>
Physical Education	<ul style="list-style-type: none"><li>All scholars must change into athletic skid-free sneakers, a t-shirt, and athletic shorts (must be knee-length) and/or sweatpants.</li></ul>

Clothing, jewelry, or appearances that are determined to be distracting to the learning environment will not be permitted.

### Purchasing Uniforms

All SEED uniform items, with the exception of khaki belt loop pants and skirts, must be purchased from Risse Brothers. Khaki belt loop pants and skirts may be purchased from Old Navy, JCPenney, Parker Uniform, or other department stores.

*\*Should the parent/guardian need assistance purchasing, please contact the Office of Family & Community Engagement at (202) 248-3005.*

# STUDENT LIFE DEPARTMENT UPDATES & REMINDERS

- Parents are not permitted on campus during check-in.
- Students are only permitted to check-in with **ONE** duffle bag/suitcase, **ONE** backpack, and **ONE** grocery bag for snacks. Additional bags or items are not permitted.
- Students' snacks should be turned in to their Youth Development Educator (YDE) to be stored in the pantry, not in their dorm room.
- Students are not permitted to visit each others' dorm rooms.
- Students are not permitted to access the dormitory during the academic day for any reason.
- Students are not permitted to order outside food while on campus (with the exception of pre-approved special occasions and events).
- Parents and families are also not permitted to bring outside food to students.
- Students are not permitted to leave campus without permission or for non-emergencies for any reason.
- All students and guests are required to undergo bag and security checks.
- No weapons permitted, this includes the following: self-defense objects, knives, tasers, pepper spray, mace, ice breakers, rattail combs w/metal tips, etc.
- No Drugs Permitted (including OTC meds): Prescription medication must be turned in to the school nurse upon entry & must be accompanied by Medication Authorization Form signed by a doctor.
- **Item Drop-offs:** If you have items that you need to drop off to your scholar, please do so before 9 p.m. Security will contact the appropriate adult to pick it up for them or have your student to pick it up.





# STAYING HEALTHY & SAFE

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Dear SEED Community,

The SEED School continues to anchor our health and safety measures to current guidance from the Centers for Disease Control (CDC), DC Health, and the Office of the State Superintendent of Education (OSSE). SEED policies will continue to be reviewed or adjusted for School Year 2023-2024 to address shifts in public health guidance.

Currently, there is a nationwide increase in COVID cases, and it is important to continue to minimize the spread within the SEED community.

Please note the following:

Masking is currently optional at SEED DC.

\*

COVID-19 vaccination is not required but continues to be encouraged.

\*

Scholars/Staff should stay home when sick.

\*

SEED will continue to test scholars/staff that present symptoms while on campus.



# WELLNESS SUITE MEDICATION REQUIREMENTS

Please be reminded that that only parents/guardians/caregivers or authorized adults can bring medication to the Wellness Suite. Medication will not be accepted from students and students are not allowed to carry medication on their person, with the exception of an asthma inhaler.

In order for the school to administer prescription medication, a [medical authorization form](#) must be filled out by the doctor. Parents must also sign the form before school medical personnel can administer medication. Only creams, antibiotics, or medical equipment will be sent home on Fridays during checkout and that no student will be allowed to take medication home. Be sure to request for your pharmacist to divide the medication in two (2) bottles, one to keep at home and one to be left at school. Also we have over the counter medications here and all parents should fill out the form if their student needs to take any over the counter medications. All of the medical forms mentioned here can be found on the [health & wellness suite page](#) of the school website.

Click here to review the full [medication policy](#).

Thank you,

The Wellness Team:  
Nrs. Colbert & Ms. Faison  
202-248-3008 (phone)  
202-318-8625 (fax)

## Maintaining Your MENTAL HEALTH

Need someone to talk to? We're here to help! Certified clinicians are available for you 24/7. Call the Department of Behavioral Health mental health hotline: 1-888-793-4357.

### Tips for Reducing Anxiety:

-  Reach out for help; your mental health is important.
-  Exercise regularly.
-  Limit time spent in public places.
-  If working from home or in self-quarantine, arrange your space so it's calming. Make sure you shower and get dressed like you're going to work.
-  Moderate news intake.
-  Practice deep breathing exercises or other methods of meditation.

CORONAVIRUS.DC.GOV

DC HEALTH  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR

# PowerSchool Portal for Parents & Families

*The SEED School of Washington, D.C. is proud to offer a tool that parents and family members may use to stay connected to their scholar and their school.*

*The PowerSchool Parent & Family Portal gives you real-time access to valuable information such as grades, assignment details, & messages from teachers.*

**Through the portal, view your scholar's:**



**ACADEMIC HISTORY**



**TEST RESULTS**



**ATTENDANCE**



**& MORE!**



You can log in any time from any computer, tablet, or mobile phone.

**GET ALERTS VIA:**



**TEXT**



**PHONE**



**EMAIL**

**Receive alerts about attendance, school events, & weather-related closures.**

Turn over for more info on how to set up your Parent Portal,

# Parent & Family Portal: Getting Started

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How do I sign up for the Parent & Family Portal & set up my account? You must have a personal email address to sign up for a Parent & Family Portal account.

You can register for a free email account using Gmail, Outlook, Yahoo, or a similar service..

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## WHERE DO I START?

Visit <https://seedschool.powerschool.com/public/>

1

- Click "Create an account"
- Enter your first & last name and email address
- Create a password - at least 6 characters
- Re-enter password
- Enter student's name (If you have multiple student's @ SEED, each will have their own access ID & password)

2

## HAVE YOUR CONFIDENTIAL ID READY

- Enter Confidential ID (provided by school)
- Enter Access Password (provided by school)
- Select appropriate relationship to student

Once completed, you will be taken to the login page of the Parent & Family Portal

3

## DOWNLOAD THE MOBILE APP

- App Store or Play Store
- Enter district code: **FQGN**
- Click Continue
- Enter Confidential ID
- Enter Password
- You're all set to go!

**Still need help?**

**Contact the registrar:**

**[ctyson@seedschooldc.org](mailto:ctyson@seedschooldc.org)**