

# EL SEMANAL HALCÓN

para la semana del 11/2/2024



## NOTICIAS DEL NIDO

*Más allá del campus: ¡la aventura te espera!*

A nuestras familias de halcones,

Gracias a aquellos de ustedes que pueden asistir a nuestras conferencias el viernes. Sigo esperando con ansias los eventos y ocasiones que nos permitan darle la bienvenida a nuestro campus para que comprenda mejor quién está sirviendo a su estudiante y cómo podríamos fortalecer nuestra asociación con su familia. Habrá otra oportunidad de asistir a conferencias a principios de abril. Mientras tanto, continúe consultando PowerSchool y contáctenos si tiene alguna pregunta o inquietud sobre el progreso académico de su estudiante.

El jueves pasado, casi la mitad de nuestros estudiantes de 12º grado fueron honrados en nuestra Noche Anual de Atletas Escolares Mayores. Fue inspirador ver a tantos de nuestros estudiantes, muchos de ellos en la mitad de su séptimo año en SEED DC, presentarse y ser reconocidos por sus contribuciones a nuestros equipos deportivos. Amigos y familiares, así como sus compañeros de clase y nuestro personal, aplaudieron con entusiasmo mientras cada estudiante de último año atravesaba el piso del gimnasio. Cada académico reconocido ha solicitado con éxito al menos 10 universidades Right-Fit según nuestro modelo SEED. Muchos han recibido algunas de las ofertas de becas que ahora suman más de \$2,7 millones para la promoción de 2024.

Nuestros Halcones son tenaces y resistentes; son dueños de su propio destino porque continúan eligiendo hacer que sus oportunidades cuenten y comprendiendo el poder de su esfuerzo colectivo. Personalmente, siempre recordaré a este grupo, mis primeros estudiantes del último año de SEED DC, con gratitud y orgullo. Nos recuerdan que la perseverancia y la fortaleza son nuestra responsabilidad y cada día es una oportunidad más para mejorar, contribuir y descubrir nuestra pasión y nuestro propósito.

Con el fin de semana de 4 días y el descanso por delante, tendremos dos semanas reducidas de aprendizaje. Necesitamos hacerlos significativos para nuestros estudiantes. Nuestros valores fundamentales de responsabilidad y gratitud de SEED nos vienen a la mente a medida que nos acercamos a este capítulo. Nuestro Día de San Valentín incluirá un viaje a Dave & Buster's para los académicos que califiquen, aquellos con un GPA de 3.0 o superior en el primer semestre. Esto incluirá cerca del 45% de nuestro cuerpo estudiantil y queremos celebrar este importante logro.

A medida que avanza el año, estoy trabajando para determinar excursiones significativas adicionales para nuestros estudiantes que se comprometen activamente con las expectativas diarias de usar el uniforme, entregar el teléfono celular y participar en el día escolar asistiendo a cada clase a tiempo. Actualmente, estamos trabajando en un viaje en honor del Mes de la Historia Afroamericana a uno de varios sitios en todo el DMV. Todos los estudiantes que sigan estos protocolos comunitarios razonables tendrán la oportunidad de disfrutar de eventos y actividades fuera del campus durante el segundo semestre. ¡Estas experiencias integrales son el núcleo de nuestra misión y estamos agradecidos de poder brindarles a nuestros estudiantes un viaje a la escuela secundaria único y que les cambiará la vida!

Creyendo en cada erudito,  
Sra. Hood

## PRÓXIMOS EVENTOS ESCOLARES

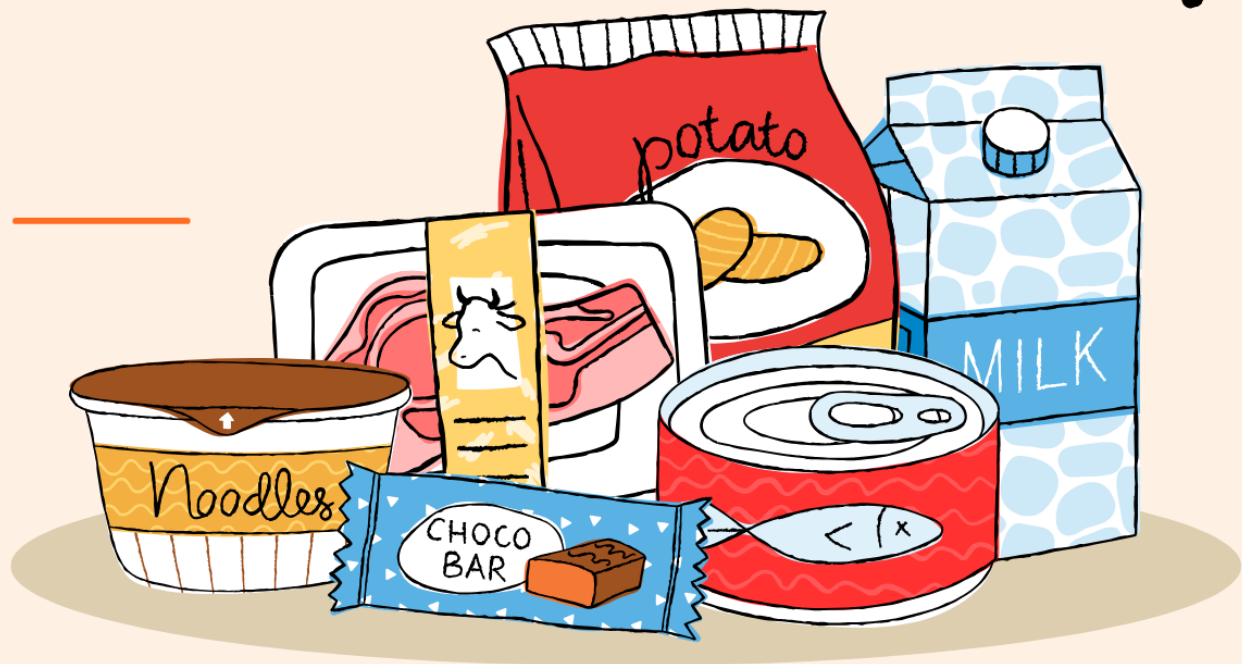
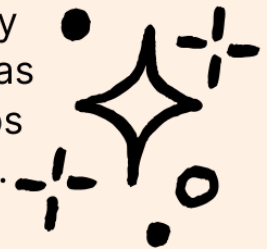
- **11/02:** No se permite el check-in los domingos
- **12/02:** Registro el lunes por la mañana, de 6 a 7:30 a.m.
- **15/02:** Salida el jueves, 2:21 - 5 p.m.
- **16-19 de febrero:** Vacaciones de mediados de invierno - Escuela cerrada
- **20/02:** Registro el martes por la mañana, de 6 a 7:30 a.m.

Haga clic aquí para descargar el [Calendario Escolar](#) revisado.

# ASISTENCIA ALIMENTARIA



Si usted o alguien que conoce está experimentando inseguridad alimentaria, hay ayuda disponible a través de varios programas federales de asistencia alimentaria diseñados para brindar acceso a alimentos saludables.



**¿NECESITAS AYUDA?  
¡CONSIGUE AYUDA!**

Para más información sobre dónde encontrar comida:

**202-644-9807**

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

**[Banco de Alimentos para la Región de Washington, DC](#)**

# MENÚ ESCOLARES

## 12 DE FEBRERO - 8 DE MARZO DE 2024

### DESAYUNO ALMUERZO

# FEBRUARY 12 - MARCH 8

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

The "Healthier" indication on Entrees means (350 cal, 15 g sat. fat, on Soup, Salad, Sides means (250 cal, 15 g sat. fat, on Baked Goods means (230 cal, 15 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.

<p><b>12</b></p> <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 Pepperoni Pizza Flatbread Cheese Pizza Veggie Flatbread Pizza ♥▼</p> <p>Whole Grain Biscuit Roasted Green Beans Diced Peach Cup or Fresh Fruit</p> <p><b>Snack:</b> Whole Grain Goldfish Apple Juice</p>	<p><b>13</b></p> <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 Greek Chicken Veggie Hummus ♥▼</p> <p>Tabouli Stir Fried Veggies Fresh Fruit or Fresh Fruit Salad</p> <p><b>Snack:</b> Whole Grain Pretzel Fish Fruit Cup</p>	<p><b>14</b></p> <p><b>Breakfast</b> Fresh Fruit or Orange Juice Cup Warm Maple French Toast Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Buffalo Chicken Bites Buffalo Tofu Bites ♥▼</p> <p>Brown Rice Pilaf Parmesan Zucchini Sticks Tomato Basil Salad Fresh Asian Pear or Fresh Fruit</p> <p><b>Snack:</b> WG Popcorn Apple Slices</p>	<p><b>15</b></p> <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 ♥▼</p> <p>Whole Grain Tortilla Roasted Carrots Black Bean &amp; Corn Salad Grapes or Fresh Fruit</p> <p><b>Snack:</b> Teddy Grahams Yogurt</p>	<p><b>16</b></p> <p><b>No School</b></p>
<p><b>19</b></p> <p><b>HAPPY PRESIDENTS DAY</b></p>	<p><b>20</b></p> <p><b>Breakfast</b> Apple Juice or Fresh Fruit Whole Grain Blueberry Muffin Strawberry Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Sliced Pork or Diced Chicken Vegetable Broth Diced Tofu ▼</p> <p>Whole Grain Spaghetti Noodles Marinated Edamame Chili &amp; Garlic Bok Choy Apple Slices or Fresh Fruit</p> <p><b>Snack:</b> Whole Grain Pretzels Apple Juice</p>	<p><b>21</b></p> <p><b>Breakfast</b> Fresh Fruit Whole Grain Toast, Whole Grain Bagel Scrambled Eggs Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Beef or Turkey Hot Dog Grilled Cheese ▼ Tomato Soup</p> <p>Whole Grain Bun Marinated Cucumbers Fresh Watermelon or Fresh Fruit</p> <p><b>Snack:</b> Teddy Grahams Fruit Cup</p>	<p><b>22</b></p> <p><b>Breakfast</b> Banana or Fresh Fruit Apple Cinnamon Overnight Oats Pop Tart, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Blackeyed Pea Salad Chicken Salad Sandwich on Croissant Black Bean Hummus ▼</p> <p>Pita Bread Triangles Whole Grain Bun Fresh Vegetable Crudite Strawberries or Fresh Fruit</p> <p><b>Snack:</b> Multigrain Sunchips Apple</p>	<p><b>23</b></p> <p><b>Breakfast</b> Fresh Pear or Fresh Fruit Bacon, Egg &amp; Cheese Croissant Croissant Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Brazilian Beef Pico de Gallo, Shredded Cheese &amp; Lettuce Spiced Black Beans Entree</p> <p>Whole Grain Brown Rice Baked Plantains Chili Roasted Carrots Cilantro Lime, Jicama Slaw Orange Sections or Fresh Fruit</p>
<p><b>26</b></p> <p><b>Breakfast</b> Fresh Fruit or Citrus Fruit Salad Blueberry Waffle 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 Vegan Chicken ▼</p> <p>Whole Grain Crust Vegetarian Baked Beans Banana or Fresh Fruit</p> <p><b>Snack:</b> Yogurt Whole Grain Pretzels</p>	<p><b>27</b></p> <p><b>Breakfast</b> Apple Slices or Fresh Fruit Whole Grain Bagel, Gogurt 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 ▼</p> <p>Whole Grain Tortilla Chips Baked Potato Sweet Skillet Corn Combread Cut Melon or Fresh Fruit</p> <p><b>Snack:</b> Multigrain Cereal Bar Cheese Stick</p>	<p><b>28</b></p> <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 ♥▼</p> <p>Brown Rice Pita Bread Triangles Honey Glazed Carrots Sautéed Spinach Banana</p> <p><b>Snack:</b> Peach Cup Teddy Grahams</p>	<p><b>29</b></p> <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</p> <p>Whole Grain Biscuit Cucumber Sticks w/Ranch Dressing Sweet Potato Fries Applesauce or Fresh Fruit</p> <p><b>Snack:</b> Cheezits Apple Juice</p>	<p><b>Mar 1</b></p> <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 Pepperoni Pizza Flatbread Cheese Pizza Veggie Burgers ♥▼</p> <p>Whole Grain Bun Marinated Tomatoes Herb Roasted Carrots Fresh Peas</p>
<p><b>4</b></p> <p><b>Breakfast</b> Red Delicious Apple or Fresh Fruit Ham &amp; Cheese on Whole Grain Croissant Trix Breakfast Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Swedish Meatballs Vegetarian Meatballs</p> <p>Brown Rice Pilaf ♥ Macaroni &amp; Cheese Jicama &amp; Celery Stick w/Ranch Dressing Spiced Black Beans Fresh Fruit or Grapes</p> <p><b>Snack:</b> WG Popcorn Peach Cup</p>	<p><b>5</b></p> <p><b>Breakfast</b> Orange Juice Cup or Fresh Fruit Whole Grain Cereal Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Teriyaki Chicken Teriyaki Tofu Veggie Grilled Chicken Strips ♥▼</p> <p>Whole Grain Noodles Fried Brown Rice Fresh Steamed Broccoli Orange Slices or Fresh Fruit</p> <p><b>Snack:</b> Sunchips Fruit Juice</p>	<p><b>6</b></p> <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; Pea Salad Ham &amp; Cheese Sub Lentil Salad ▼</p> <p>Whole Grain Sub Roll ♥ Quinoa Italian Baked Tomato Halves Apple Slices or Fresh Fruit</p> <p><b>Snack:</b> Yogurt Graham Crackers</p>	<p><b>7</b></p> <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 ▼</p> <p>Brown Rice Pilaf Roasted Green Beans Fresh Baby Carrots w/Ranch Dressing Fresh Berries or Fresh Fruit</p> <p><b>Snack:</b> Sliced Apples Whole Grain Goldfish</p>	<p><b>8</b></p> <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 ♥▼</p> <p>Whole Grain Tortilla Cucumber &amp; Bell Pepper Crudite Roasted Potato Wedges Apple Slices</p>

SEED School of Washington DC Breakfast & Lunch Menu

# MENÚ ESCOLARES

## 12 DE FEBRERO - 8 DE MARZO DE 2024

### CENA

# FEBRUARY 12 - MARCH 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE "HEALTHIER" INDICATION ON ENTREES MEANS <350 CAL & G SAT. FAT. ON SOUP, SALAD, SIDES MEANS <250 CAL & G SAT. FAT. ON BAKED GOODS MEANS <230 CAL & 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.

12

Soup du Jour  
Grape Feta Salad ■  
  
Taco Bar  
Grilled Cheese  
Vegetarian Meat/Taco Bar ▼  
Oven Baked Herb Fish ■  
  
Oven Roasted Green Beans  
Assorted Toppings  
Sour Cream/Cheese Sauce  
Jalapenos  
Shredded Lettuce/Tomatoes  
Black Olives  
Chocolate Cake  
Tea

13

Soup du Jour  
Dried Cranberry & Blue Cheese Salad ■  
  
Beef & Broccoli  
Vegetarian Beef Strips ▼  
Chicken Veggie Wrap ■  
  
Sautéed Broccoli  
Jasmine Rice  
Ice Cream

14

Soup du Jour  
Chicken Caesar Salad  
  
Loaded Cheeseburger  
Beef or Turkey  
Vegetarian Chicken Nuggets ▼  
Blackened Glazed Trout ■  
  
Parmesan Risotto  
Lettuce, Tomato, Onion, Pickles,  
Pork or Turkey Bacon  
Jalapenos, Banana Peppers  
French Fries  
Cookies  
Fruit Punch

15

CHECK  
OUT

16

NO  
SCHOOL

19

**PRESIDENTS' DAY**  
  
Soup du Jour  
  
Taco Tuesdays  
Beef Tacos  
Jamaican Chicken Patty  
Beyond Meat Tacos ♥ ▼  
Herbed Baked Chicken ■  
  
Lettuce, Tomato, Onions  
Salsa, Cheese, Sour Cream  
Ice Cream

20

Soup du Jour  
  
Taco Tuesdays  
Beef Tacos  
Jamaican Chicken Patty  
Beyond Meat Tacos ♥ ▼  
Herbed Baked Chicken ■  
  
Lettuce, Tomato, Onions  
Salsa, Cheese, Sour Cream  
Ice Cream

21

Soup du Jour  
Greens & Smoked Gouda Salad  
  
Orange Chicken  
Veggie Orange Chicken ♥ ▼  
Grilled Orange Chicken Breast ■  
  
Garlic Sautéed Broccoli  
Fried Rice  
Spring Roll  
Chocolate Chip Cookies  
Lemonade

22

Soup du Jour  
Green Salad  
  
Slow Roasted Pot Roast  
Vegetarian Beef Strips ♥ ▼  
Asian Noodle Bowl w/Veggies ■  
  
Roasted Brussel Sprouts  
Mashed Potatoes/Gravy  
Dinner Roll  
Oreo Pie

23

CHECK  
OUT

27

Soup du Jour  
  
Breakfast for Dinner  
Eggs, Bacon, Sausage  
Vegan Breakfast Bake ▼  
Jus Eggs, Potatoes, Vegan Sausage  
Spinach Quiche  
  
Roasted Vegetables  
Cheese Grits  
Potatoes  
Buttered Waffle  
Cinnamon Roll  
Tea

27

Soup du Jour  
  
Baked Salmon w/Romoulade  
Fried Tofu ▼  
Oven Roasted Chicken ■  
  
Oven Roasted Brussel Sprouts  
Macaroni & Cheese  
Ice Cream Cup

28

Soup du Jour  
  
Housemade Spaghetti  
Vegetarian Spaghetti w/Beyond Meat Sauce ▼  
Tuna Fish Sub w/Sweet Potato Chips ■  
  
Caesar Salad  
Garlic Cheese Bread  
Lemon Cake  
Punch

29

Soup du Jour  
Greek Salad  
  
Grilled Balsamic & Garlic Flank Steak  
Grilled Balsamic & Garlic Vegan Beef Strips ▼  
Blackened Tilapia ■  
  
Oven Roasted Green Beans  
Red Bliss Rosemary Potatoes  
Cookies

MAR 1

CHECK  
OUT

4

Soup du Jour  
Farmer's Salad  
  
Honey Garlic Pork Chops  
Honey Garlic Vegetarian Chicken ▼  
Honey Garlic Chicken ■  
  
Oven Roasted Vegetables  
Herb Roasted Potatoes  
Rice Krispie Treat  
Juice Box

5

Soup du Jour  
  
Oven Roasted Sticod Turkey  
Eggplant Parmesan ▼  
Blackened Salmon ■  
  
Sautéed Spinach  
Candied Yams  
Dinner Roll  
Sweet Potato Pie  
Lemonade

6

Soup du Jour  
  
Fried Chicken  
Fried Tofu ▼  
Grilled Chicken Breast  
  
Fresh Greens  
Scalloped Potatoes  
Cookies  
Flavored Water

7

Soup du Jour  
Spinach & Fruit Salad  
  
Pizza Bar  
Vegetarian Pizza ▼  
Zucchini Patty  
  
Sautéed Vegetable Medley  
Mexican Street Corn  
Vanilla Cake  
Peach Tea

8

CHECK  
OUT

SEED SCHOOL OF WASHINGTON DC DINNER MENU



Astronaut Mae Jemison became the first African-American woman to enter space when she served on the crew of the Space Shuttle Endeavor in September 1992.

In 1770, Crispus Attucks became the first casualty of the American Revolution when he was shot and killed in what became known as the Boston Massacre.



Pulitzer Prize-winning author Alex Haley is best known for Roots (1976), his ancestral saga encompassing the entire African-American experience, and The Autobiography of Malcolm X (1965).



Satchel Paige pitched for six seasons in the majors and was the first star of the Negro leagues to be inducted (1971) into the Baseball Hall of Fame.



# EL PROGRAMA DE ASCENSIÓN MÉDICA DE 9.º A 12.º GRADO



FREE | LIMITED SEATS | ENROLL NOW



FOOD  
PROVIDED

# MEDICAL ASCENSION

WINTER CYCLE  
BEGINS  
FEBRUARY 6, 2024

FOR 9TH-12TH GRADE DC YOUTH

Through demonstrations, instructional enrichment, & simulations, youth will:

- Develop real world healthcare clinical skills using professional instruments
- Practice taking blood pressure, auscultating heart & lungs, performing visual acuity exams, and more
- Learn medicine, nutrition, how the body and organs work, and the importance of healthy behaviors
- Apply STEM fundamentals through the lens of medicine
- Learn how to manage common chronic illnesses
- Solve medical cases alongside medical students, nurses, physicians, & other healthcare professionals
- Lead informed health discussions for the community and demonstrate newly acquired clinical skills to guests at the Award Ceremony

**Location: THE ARC -TOWN HALL EDUCATION ARTS RECREATION CENTER**

SCAN QR CODE TO  
ENROLL TODAY



WHITE COAT  
AWARDS  
CEREMONY  
FOR YOUTH



PROGRAM WILL MEET ON TUESDAYS AND THURSDAYS  
4:00PM - 7:00PM. FOR QUESTIONS, EMAIL NITA  
FINLEY AT [GFINLEY@COMPURECYCLINGCENTER.ORG](mailto:gfinley@compurecyclingcenter.org)



**¿Está interesado en una carrera en el campo médico (médico, técnico sanitario, enfermero, etc.)?**

El programa de Ascensión Médica de grados 9.º a 12.º permite a los estudiantes aprender más sobre cómo realizar:

- exámenes de la vista
- examen de presión arterial
- Rayos X
- interpretación del electrocardiograma

Capacítense para convertirse en entrenadores de manejo de enfermedades crónicas juveniles para amigos, familiares y miembros de la comunidad, y **obtenga hasta 65 horas de servicio comunitario.**

El programa se reúne los martes y jueves de 4:30 p. m. a 7:00 p. m. en THEARC THEATRE (se proporciona transporte y refrigerios). Le recomendamos que asista ambos días para obtener el máximo de horas de servicio.

Sesiones de orientación el martes 6 de febrero O el jueves 8 de febrero de 4:00 p.m. a 7:00 p.m.

**[HAGA CLIC AQUÍ PARA REGISTRARSE](#) para el ciclo de Ascensión Médica de Invierno de 2024.**

Se invita a los jóvenes que regresan y a los nuevos a inscribirse, ya que serán actividades diferentes del ciclo de otoño y también habrá algunas actividades que refuerzan las habilidades adquiridas en el otoño que brindan oportunidades para que los nuevos jóvenes adquieran las habilidades aprendidas durante el ciclo de otoño.

**Si está interesado en registrarse en este programa o desea recibir más información, consulte al Dr. Bagley en Suite 101D.**

# CONCURSO DE ENSAYOS PAVE



Washington, D.C. Metro Area (DC, Maryland, Virginia)

## PAVE Essay Contest & Scholarship Program

### What is the essay contest?

The PAVE Essay Contest encourages young people to contemplate a future with autonomous vehicles – and what the technology could mean for their communities. Eligible students will select an essay prompt and write an essay of 1,000 words or fewer. The authors of the top three essays will receive college scholarship awards.

### Who can participate?

The contest is open to high school juniors and seniors in the Washington, D.C. Metro area (DC, Maryland, Virginia).

### When will the contest be held?

The contest will open on January 25, 2024, and essays will be accepted until 11:59 p.m. PT on March 15, 2024. The winning essays will be announced in late April 2024.

### What will the winners receive?

1st Place - \$2,500 Scholarship

2nd Place - \$1,500 Scholarship

3rd Place - \$1,000 Scholarship

### How is the contest judged?

A selection committee of AV industry experts will evaluate each submission using this [scoring rubric](#). **Note: All essays will be run through an AI detector, and any submissions found to have used AI technology will be disqualified.**

### How do I enter?

Visit <https://pavecampaign.org/pave-essay-contest/> where you will find an online submission form. You can find further information on the contest rules and guidelines [HERE](#).

### Scholarship Sponsors:

We are incredibly grateful for our generous contest sponsors: [STEER](#), an autonomous vehicle technology company, the [Maryland Department of Transportation](#), and [District Department of Transportation](#).

[PAVE](#) is a 501(c)(3) nonprofit whose mission is to improve public understanding of advanced vehicle technologies in order to maximize the potential benefits in safety, mobility and sustainability. PAVE members include automotive manufacturers, technology companies, and nonprofit organizations.

**El segundo concurso anual de [ensayos y programa de becas PAVE](#) anima a los estudiantes de secundaria a imaginar el futuro con vehículos automatizados y a escribir un ensayo bien elaborado sobre lo que eso podría significar para sus comunidades.**

**Las presentaciones deben presentarse el 15 de marzo de 2024 y los ganadores serán notificados a fines de la primavera de 2024. Los tres primeros ganadores ganarán \$2500, \$1500 y \$1000, respectivamente.**

Haga [clic aquí](#) o lea el archivo adjunto para obtener más información.

¿Necesita ayuda? Comuníquese con el Dr. Bagley u otro miembro del personal.

# HORARIOS ATLÉTICOS

## VARSITY BOYS 2023-2024



12/1-2 GEORGETOWN DAY INVITATIONAL  
 12/5 @ PARKDALE - 7PM  
 12/7 @FRIENDSHIP TECH PREP - 7PM  
 12/8 @EASTERN - 7:30PM  
 12/14 VS IDEA - 7:30PM\*  
 12/15 @KIPP COLLEGE PREP - 7PM  
 12/19 VS DIGITAL PIONEERS - 6:30PM\*  
 12/20 @CARROLL - 6:30PM  
 1/4 VS RICHARD WRIGHT - 7:30PM\*  
 1/8 @SEED MD - 7PM  
 1/9 @KIPP LEGACY - 7:30PM\*  
 1/11 VS DCI - 7:30PM\*  
 1/16 VS BASIS - 7:30PM\*  
 1/18 @CAPITAL CITY - 7:30PM\*  
 1/19 @WASHINGTON LATIN - 7:30PM\*  
 1/23 VS EL HAYNES - 7:30PM\*  
 1/25 VS KIPP LEGACY - 7:30PM\*  
 1/26 @CESEAR CHAVEZ - 7:30PM  
 1/30 @ROOSEVELT - 7:30PM  
 2/1 @RICHARD WRIGHT - 5PM\*  
 2/2 @GLENELG COUNTY - 6PM  
 2/6 @IDEA - 7:30PM\*  
 2/8 VS WASHINGTON LEADERSHIP - 7:30PM\*  
 2/9 @DIGITAL PIONEERS - 6PM\*

\*LEAGUE GAME\*

ALL GAMES STREAMED LIVE ON WWW.NFHS.COM

## 2023-2024 SCHEDULE



12/1-2 MODEL INVITATIONAL  
 12/6 VS COOLIDGE - 5:30PM  
 12/8 VS CESEAR CHAVEZ - 4PM  
 12/14 VS IDEA - 5:30PM\*  
 12/15 @KIPP COLLEGE PREP - 5PM  
 1/4 VS RICHARD WRIGHT - 5:30PM\*  
 1/5 VS BOWIE - 5:30PM  
 1/8 @SEED MD - 5PM  
 1/9 @KIPP LEGACY - 5:30PM\*  
 1/11 VS DCI - 5:30PM\*  
 1/12 VS JACKSON-REED - 5PM  
 1/16 VS BASIS - 5:30PM\*  
 1/18 @CAPITAL CITY - 5:30PM\*  
 1/19 @WASHINGTON LATIN - 5:30PM\*  
 1/23 VS GIRLS GLOBAL - 5:30PM\*  
 1/25 VS KIPP LEGACY - 5:30PM\*  
 2/1 @RICHARD WRIGHT - 5:30PM\*  
 2/2 @FRIENDSHIP TECH PREP - 5PM  
 2/6 @IDEA - 5:30PM\*  
 2/8 VS WLA - 5:30PM\*

\*LEAGUE GAME\*

ALL GAMES STREAMED LIVE ON WWW.NFHS.COM

## 2023-2024 SCHEDULE



12/5 @PARKDALE - 5:30PM  
 12/7 @FRIENDSHIP TECH PREP - 5PM\*  
 12/8 @EASTERN - 5:30PM  
 12/11 VS GLENELG - 4PM  
 12/12 @PAUL PCS - 4PM\*  
 12/14 VS IDEA PCS - 4PM\*  
 12/18 VS DCI PCS - 4PM\*  
 12/19 VS DIGITAL PIONEERS - 5PM\*  
 1/3 @SEED MD - TBA  
 1/5 VS BOWIE - 4:30PM  
 1/9 @FRIENDSHIP COLLEGIATE - 4PM\*  
 1/12 @KIPP COLLEGE PREP - 4PM\*  
 1/19 @WASHINGTON LATIN - 4PM\*  
 1/25 VS KIPP LEGACY - 4PM\*  
 1/26 @CESEAR CHAVEZ - 4:30PM

\*LEAGUE GAME\*

ALL GAMES ARE STREAMED LIVE ON WWW.NFHS.COM

## PROMOCIÓN DE BECAS 2024 OTORGADAS HASTA LA FECHA



**The CLASS OF 2024  
TOTAL AWARD AMOUNT  
SCHOLARSHIP OFFERS TOTAL  
to  
\$2,395,500.00 AS OF  
1/21/2024!!!**



Please note the following students listed above have reported their college decisions received so far. All college admission decisions and scholarships offer should be reported to Ms. Tull when received. Congratulations again to the Class of 2024 and keep reporting!!!



# ANUNCIOS DE LA CLASE 2025

## The SEED Foundation Scholarship



### SCHOLARSHIP OVERVIEW

The SEED Foundation Scholarship Committee will award up to **21 scholarships for eligible high school juniors attending a school within the SEED network**. The scholarships are designed to help cover a portion of a SEED School student's unmet need for the cost of attendance at right fit college or university. Unmet need is defined as the difference between the total cost of attendance at a college or university and the student's final financial aid package. These awards are often referred to as **gap scholarships**. **The scholarship will most likely NOT cover the entire difference.**

Pending funding each year, **recipients can renew the scholarship and receive funding for a total of four consecutive years**. The maximum amount of the SEED Foundation Scholarship is determined annually in late spring.

### ELIGIBILITY REQUIREMENTS

Applicants must be juniors graduating in June 2025 at The SEED School of Washington, D.C., The SEED School of Maryland, or The SEED School of Miami. **Applicants who receive the award must immediately enroll the fall after their June 2025 graduation in a full-time undergraduate program at a right fit college or university**. Recipients will need to meet additional requirements before receiving their scholarship (e.g. attend SGI, attend a summer scholarship meeting, provide financial aid award letter, account balance, etc.). Right fit colleges and universities are those that meet SEED's criteria for college fit and match.

### APPLICATION and AWARD PROCESS

- Scholarship recipients are selected based on their **application form, essays, and interview**. Applicants will be notified about decisions in **May 2024**.
- Applicants that submit completed applications by the specified due dates will be eligible to move forward to the 2<sup>nd</sup> round interview. Applicants will be contacted by The SEED Foundation to arrange for a **panel interview** with The SEED Foundation Scholarship Committee.
- **The SEED Foundation Scholarship application opens January 26, 2024. The application will close March 22, 2024. NO LATE APPLICATIONS WILL BE ACCEPTED. Listed below are directions to complete the process.**
  - **On January 26th, by 5:00pm**, students will be emailed the link to The SEED Foundation Scholarship application. Students must submit ALL sections of the application with correct information **by March 22nd, at 5:00pm**, for their application to be considered complete.
  - Once students have successfully submitted their application, they will get an email, from The SEED Foundation Scholarship Committee, confirming their application has been received.

# ANUNCIOS DE LA CLASE 2025

## The SEED Foundation Scholarship



### WHEN IS MY SEED FOUNDATION SCHOLARSHIP APPLICATION COMPLETE?

Submitting The SEED Foundation Scholarship application is **part one** of completing The SEED Foundation Scholarship.

The SEED Foundation Scholarship application sections are:

1. Personal Information
2. Photo (in professional dress)
3. Parent/Caregiver Information
4. Activities
5. Essay Response #1
6. Essay Response #2

### THE SEED FOUNDATION SCHOLARSHIP ESSAY REQUIREMENTS

*Please respond to both essays in your application submission.*

#### **Essay Response #1: Activities**

Please respond to the following essay question in 250 - 300 words in a Microsoft Word document.

*Referring to your activities list above, please choose one activity and explain how it has impacted your life.*

#### **Essay Response #2: Seed Experience**

Please respond thoughtfully to the following essay question in 500-600 words in a Microsoft Word document.

*How has your experience at SEED played a role in making you an outstanding candidate for college and The SEED Foundation Scholarship? What other accomplishments have also contributed to your future success in college?*

Please take the time to write and edit thoughtful essay responses that meet the above requirements. **Students are strongly encouraged to have a SEED staff member review and provide feedback on their scholarship essays.**



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**



Oficina del Superintendente  
Estatual de Educación

## PROGRAMA DEL CONSORCIO DE DOBLE INSCRIPCIÓN DEL DISTRITO DE COLUMBIA

El Programa del consorcio de doble inscripción del DC permite a los estudiantes obtener créditos de educación superior en los institutos de educación superior locales en el área de Washington, DC.

Asista a clases en cualquiera de nuestros institutos de educación superior asociados:

- American University
- Bard College
- Bay Atlantic University
- Bowie State University
- Catholic University of America-Metropolitan School of Professional Studies
- George Mason University
- Marymount University
- Montgomery College
- Northern Virginia Community College
- Prince George's Community College
- Trinity Washington University
- University of the District of Columbia – Campus emblemático
- Virginia State University

¿Por qué participar en la inscripción doble?

- Prepárese para la educación superior. Estará mejor preparado para su primer año en un instituto de educación superior.
- ¡El programa es gratuito!
- Los créditos de educación superior obtenidos a través de nuestro programa a menudo se pueden transferir a otros institutos de educación superior.



**ESCANEE AQUÍ**  
PARA OBTENER MÁS INFORMACIÓN  
Y PRESENTAR SU SOLICITUD

### REQUISITOS DE LA SOLICITUD

Prepare y escanee **TODOS** los siguientes documentos con el apoyo de su consejero escolar:

- Expediente académico
- Copia de
  - las calificaciones del examen GED Ready **O**
  - las calificaciones de la SAT o ACT
- Ensayo
- Formulario de recomendación del docente
- Formulario de recomendación del consejero o director de la escuela
- Formulario de divulgación de información firmado

### CRONOGRAMA DE LA SOLICITUD

**LA SOLICITUD ABRE EL 10 DE ENERO DE 2024**

**LAS SOLICITUDES DE LOS ESTUDIANTES DEBEN PRESENTARSE ANTES DEL 23 DE FEBRERO DE 2024**

**SE PUBLICAN LAS DECISIONES EL 12 DE MARZO DE 2024**

### REQUISITOS DE ELEGIBILIDAD

Los estudiantes deben estar en 9.º, 10.º o 11.º grado y deben asistir a una escuela pública chárter o una escuela pública del DC.

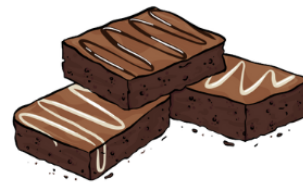
Los estudiantes adultos que buscan obtener un certificado de Formación Educativa General (GED) deben conseguir una puntuación de 145 o más en dos exámenes GED Ready, uno de los cuales debe ser Razonamiento a través de las Artes de la Lengua.

Para obtener más información sobre el Programa del consorcio de doble inscripción del DC, incluidos los requisitos detallados de elegibilidad por instituto de educación superior asociado, comuníquese con su consejero de educación superior o ingrese en [bit.ly/DCDualEnrollment](http://bit.ly/DCDualEnrollment).

# Monthly Attendance Incentives

OCTOBER

Brownies



NOVEMBER

Hot  
Chocolate



DECEMBER

Movie Day



DECEMBER

Doughnuts



FEBRUARY

Fidget Toy



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

QUESTIONS, PLEASE SEE MS. HOLLOWAY

Este es un recordatorio de que en los esfuerzos por responsabilizar a nuestros estudiantes, continuará recibiendo una alerta de asistencia por cada período en que su estudiante esté marcado como ausente. Por favor, utilice este fin de semana para hablar con su(s) alumno(s) sobre la importancia de llegar a clase a tiempo, preparado y listo para aprender. ¡Recuerda que cada día cuenta! Los becarios que estén presentes todos los días recibirán un incentivo al final de cada mes.

# SE ESPERA UN CUMPLIMIENTO TOTAL DEL UNIFORME

Continúe revisando el equipaje de su estudiante para asegurarse de que tenga suficientes uniformes para toda la semana y recuérdelos que los gorros, pasamontañas o cualquier otro artículo para la cabeza deben dejarse en el dormitorio y no usarse durante el día académico.

Además, seguir recalcándoles la importancia de entregar el móvil antes de salir de la residencia. Los móviles se devolverán al finalizar la jornada académica, a su regreso a las residencias.

¡Gracias por su continua colaboración y apoyo!

## 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.*



# 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

# Los estudiantes interesados en ser becarios de LearnServe deben consultar al Dr. Bagley o a la Sra. Grant lo antes posible. Todavía se están aceptando solicitudes.

## Haga clic en el folleto a la derecha para presentar su solicitud en línea.

## 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](https://learnsERVE.org/fellows) by **Friday, September 1**

## OUR IMPACT



84% of alumni say LearnServe empowered them to take action beyond our programs.



62% 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."

**DEMA,**  
LearnServe Fellow 2020



## VISIT US

To learn more about our programs and application deadlines and to read stories from our student alumni, visit [www.learnsERVE.org](https://www.learnsERVE.org) or contact our Office Manager, Latoya Felder at [latoya@learnsERVE.org](mailto:latoya@learnsERVE.org).

# PAUTAS DE ASISTENCIA

## SALIDA TEMPRANA Y AUSENCIAS PLANIFICADAS

En caso de que un estudiante necesite abandonar el campus durante la semana escolar y se pierda cualquier parte de la programación escolar (académica o vida estudiantil), incluido el registro de entrada los domingos, las familias deben enviar un correo electrónico a [asistencia@seedschooldc.org](mailto:asistencia@seedschooldc.org). El correo electrónico debe incluir lo siguiente:

1. nombre del erudito
2. Fecha(s) de ausencias
3. Fecha y hora de recogida y devolución.
4. Nombre de un adulto que recogerá al estudiante (se requerirá prueba de identificación)
5. Si el estudiante sale solo, indique el modo de viaje (Uber, Lyft, Metro, etc.)
6. Motivo de la ausencia/cita

### Tenga en cuenta:

Toda comunicación sobre ausencias debe ser presentada por escrito por el padre/tutor/cuidador registrado. SEED DC no permitirá que un estudiante abandone el campus sin una comunicación previa por escrito del padre/tutor/cuidador registrado.

Los estudiantes deben firmar la salida en la recepción del vestíbulo para la salida temprana y firmar su entrada al regresar al campus. Toda comunicación escrita debe enviarse a [attendance@seedschooldc.org](mailto:attendance@seedschooldc.org) y debe incluir la hora de salida y regreso del estudiante, el modo de transporte y la información de contacto de un adulto autorizado para recoger al estudiante. Esto incluye transporte en Metro, Uber, Lyft o viajar con otras familias.

Es posible que se indique al personal que realice una llamada telefónica de seguimiento para confirmar detalles o hacer preguntas aclaratorias. Cuando un estudiante regresa al campus después de una visita médica, se debe presentar a la recepcionista una nota médica firmada por el centro médico indicando el motivo de la ausencia.

***Si un estudiante necesita salir temprano un viernes, las familias deben enviar un correo electrónico a [attendance@seedschooldc.org](mailto:attendance@seedschooldc.org) a más tardar a las 8 p.m. el jueves por la noche.***

Se notificará al personal de Vida Estudiantil para que los estudiantes traigan sus pertenencias de las residencias universitarias por la mañana para colocarlas en el edificio académico.

Tenga en cuenta que los correos electrónicos enviados después de las 8 a. m. no serán aceptados, ya que las residencias están cerradas desde las 8 a. m. hasta que el personal de vida estudiantil llega para el check-out, las 4 p. m. **No se podrá acceder a las residencias antes de la hora habitual de salida.**

Si aún tienes que recoger a tu becario, tendrás que regresar a recoger sus pertenencias entre las 4 p.m. - 5 p.m.

**¿Ausente por tres (3) o más días?**

**Comuníquese con el Coordinador de Asistencia al (202) 248-7773 x5116.**



# ACTUALIZACIONES Y RECORDATORIOS DEL DEPARTAMENTO DE VIDA ESTUDIANTIL

- No se permite que los padres estén en el campus durante el check-in.
- A los estudiantes solo se les permite registrarse con **UNA** bolsa de lona/maleta, **UNA** mochila y **UNA** bolsa de supermercado para refrigerios. No se permiten bolsas o artículos adicionales.
- Los refrigerios de los estudiantes deben entregarse a su Educador de Desarrollo Juvenil para que los guarde en la despensa, no en su dormitorio.
- A los estudiantes no se les permite visitar los dormitorios de los demás.
- No se permite a los estudiantes acceder al dormitorio durante el día académico por ningún motivo.
- A los estudiantes no se les permite pedir comida del exterior mientras estén en el campus (con la excepción de ocasiones y eventos especiales previamente aprobados).
- Los padres y las familias tampoco pueden traer comida del exterior a los estudiantes.
- A los estudiantes no se les permite salir del campus sin permiso o por motivos que no sean de emergencia por ningún motivo.
- Todos los estudiantes e invitados deben someterse a controles de seguridad y de equipaje.
- No se permiten armas, esto incluye lo siguiente: objetos de autodefensa, cuchillos, pistolas Taser, spray de pimienta, mazas, rompehielos, peines de cola de rata con puntas de metal, etc.
- No se permiten medicamentos (incluidos los medicamentos de venta libre): los medicamentos recetados deben entregarse a la enfermera de la escuela al ingresar y deben ir acompañados de un formulario de autorización de medicamentos firmado por un médico.
- Entrega de artículos: si tiene artículos que necesita dejarle a su estudiante, hágalo antes de las 9 p. m. Seguridad se comunicará con el adulto apropiado para que lo recoja o le pedirá a su estudiante que lo recoja.





# Mantenerse saludable y seguro

Querida comunidad SEED,

La Escuela SEED continúa basando nuestras medidas de salud y seguridad en las pautas actuales de los Centros para el Control de Enfermedades (CDC), DC Health y la Oficina del Superintendente de Educación del Estado (OSSE). Las políticas de SEED seguirán revisándose o ajustándose para el año escolar 2023-2024 para abordar los cambios en las directrices de salud pública.

Actualmente, hay un aumento de casos de COVID a nivel nacional y es importante seguir minimizando la propagación dentro de la comunidad de SEED.

Tenga en cuenta lo siguiente:

Actualmente, el enmascaramiento es opcional en SEED DC.

\*

La vacunación contra la COVID-19 no es obligatoria, pero se sigue recomendando.

\*

Los estudiantes/personal deben quedarse en casa cuando estén enfermos.

\*

SEED continuará realizando pruebas a los estudiantes y al personal que

# REQUISITOS DE MEDICAMENTOS DE LA SUITE DE BIENESTAR

Recuerde que solo los padres/tutores/cuidadores o adultos autorizados pueden traer medicamentos a Wellness Suite. No se aceptarán medicamentos de los estudiantes y no se les permitirá a los estudiantes llevar medicamentos consigo, con la excepción de un inhalador para el asma.

Para que la escuela pueda administrar medicamentos recetados, el médico debe completar un formulario de autorización médica. Los padres también deben firmar el formulario antes de que el personal médico de la escuela pueda administrar el medicamento. Solo se enviarán a casa cremas, antibióticos o equipo médico los viernes durante el check out y ningún estudiante podrá llevar medicamentos a casa. Asegúrese de solicitarle a su farmacéutico que divida el medicamento en dos (2) frascos, uno para guardar en casa y otro para dejar en la escuela. También tenemos medicamentos de venta libre aquí y todos los padres deben completar el formulario si su estudiante necesita tomar algún medicamento de venta libre. Todos los formularios médicos mencionados aquí se pueden encontrar en la página de la suite de salud y bienestar del sitio web de la escuela.

Haga clic aquí para revisar la política de [medicamentos completa](#).

Gracias,

El equipo de bienestar:

Nrs. Colbert y la Sra. Faison

202-248-3008 (teléfono)

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

---

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..

---

## 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)