

# EL SEMANAL HALCÓN

para la semana del 26/11/2023

## NOTICIAS DEL NIDO

Cuatro semanas de intención y propósito...

A nuestras familias de halcones,

Espero sinceramente que cada uno de ustedes haya disfrutado del tiempo prolongado con amigos y familiares durante los últimos cinco días. Mientras sus estudiantes regresan esta tarde, nos estamos preparando para unas últimas cuatro semanas de intención y propósito. Nos damos cuenta de que no hay días adicionales en nuestro compromiso de prepararlos para el éxito académico y holístico, no solo durante sus años universitarios, sino también hasta la edad adulta. Es fundamental que comencemos esta nueva semana entendiendo que el crecimiento académico es la base de nuestra misión en SEED DC. Por lo tanto, sepan que en las próximas semanas y meses, elevaremos tanto nuestras expectativas como las oportunidades de los estudiantes para que sean desafiados e impulsados en el aula y más allá. Nos estamos embarcando en un capítulo de rigor reflexivo, tutoría obligatoria para los estudiantes que aún no han obtenido A y B en todas las clases y trabajo académico adicional y práctica como parte de la vida estudiantil de forma regular. Apóyenos en este esfuerzo, ya que entendemos que este es un cambio para algunos de nuestros académicos, al mismo tiempo que comprendemos la importancia de esta decisión alineada con la visión.

Mañana se recogerán todos los teléfonos móviles antes de que los estudiantes abandonen sus dormitorios. Para aquellos que lleguen el lunes, los teléfonos se recogerán durante el check-in de la mañana. Si un académico "accidentalmente tiene su teléfono en el edificio académico, también habrá un lugar seguro para recoger y almacenar los teléfonos allí. Esta es una parte fundamental para aumentar la eficacia de nuestro entorno de aprendizaje. Los teléfonos se devolverán al finalizar el día académico, según lo considere apropiado el personal de Vida Estudiantil. A medida que nos volvemos más específicos sobre la mesa de estudio y la hora de poder académico, puede haber ocasiones en las que los teléfonos de los estudiantes sean devueltos a la hora de la cena o inmediatamente después. Gracias de antemano por su apoyo a este protocolo increíblemente importante. Estaremos implementando y haciendo cumplir en todo el campus esta semana.

Recuerde que la expectativa es que todos los estudiantes se registren los domingos por la noche como parte de nuestra programación multidimensional. Los check-in de los lunes son solo para aquellos con circunstancias extremas que hayan solicitado aprobación previa para esto.

solicitud especial. Cuando regresemos en enero, el domingo por la noche, la asistencia será parte de la evaluación del desempeño general de los estudiantes. Es en este momento que nuestro personal de Vida Estudiantil sostendrá conversaciones individuales y en casa sobre la finalización de las tareas, el cumplimiento del uniforme y otros factores clave que conforman el modelo SEED.

Finalmente, agradecemos su comunicación como socios en este esfuerzo para garantizar que su estudiante tenga éxito durante y más allá del viaje a la escuela secundaria. Seré el anfitrión de las cenas trimestrales de nivel de grado la próxima semana. Nos centraremos en los elementos de preparación universitaria que coinciden con el nivel de grado de nuestros estudiantes. El miércoles 6 de diciembre a las 7 p. m., todos los padres/tutores/cuidadores de noveno y décimo grado están invitados a asistir. De manera similar, los padres/tutores/cuidadores de nuestros estudiantes de tercer y cuarto año son bienvenidos a asistir a la cena trimestral para padres de los grados 11 y 12 de 7 a 8:30 p. m. Esté atento a un registro en su correo electrónico a finales de esta semana. Espero que muchos de ustedes elijan asistir y podamos brindarles información valiosa que los ayudará a comprender mejor el camino hacia el éxito universitario, que es nuestro objetivo para todos y cada uno de los estudiantes de SEED.

Como siempre, si puedo ayudarle de alguna manera, no dude en contactarme. ¡Estoy agradecido de estar con ustedes en este esfuerzo que cambia la vida de sus hijos e hijas, nuestros estudiantes Falcon!

Calurosamente,  
Sra. Hood

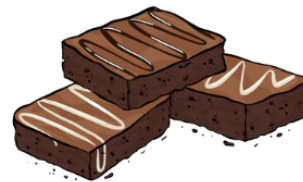
### Próximos Eventos

- **6/12:** Cena de HoS y padres/tutores/cuidadores de 9.º y 10.º grado
  - Se requiere confirmación de asistencia, el registro se enviará antes del martes 28/11
- **7/12:** Cena de HoS y padres/tutores/cuidadores de grados 11.º y 12.º grado
  - Se requiere confirmación de asistencia, el registro se enviará antes del martes 28/11
- **11/12:** Maquillajes para el día de la fotografía, 9-11:30 a. m.
- **22/12/2023-3/1/2024:** **Vacaciones de invierno** - Campus cerrado
- **04/01/2024:** Reanudación de clases

# 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. Además, recuérdale a su estudiante que los gorros, pasamontañas o cualquier otro artículo para la cabeza deben dejarse en el dormitorio y no usarse durante el día académico.

## 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.*

# ANUNCIOS DE LA CLASE 2024



DC high school senior:  
Win up to \$2,500 in a  
college savings account.



Enter the DC College Savings Plan/DC-CAP  
essay contest.

Write an essay discussing why you want to go to college. Maybe you want to gain new experiences or prepare yourself for a good career. Tell us about it.

#### Essay Contest Rules

- You must be a high school senior registered in a District public or public charter high school.
- Your essay must be about why you want to go to college.
- Your essay should be no less than 500 words.
- Your essay must be typed and double-spaced and include your name, school, email address, and phone number.
- Your parent or guardian must attend a college savings and planning information session.
- Include your resume as a supplemental document that includes your educational accomplishments, extra-curricular and volunteer activities.

Six winners will be selected. Two in each award category.

1st Place

\$2,500

2nd Place

\$1,500

3rd Place

\$1,000

DEADLINE FOR SUBMISSIONS IS DECEMBER 11, 2023

For more information on contest rules and how to submit your entry, please see your DC-CAP Advisor.



DCCollegeSavings.com

#### Official Contest Rules. No Purchase Necessary to Enter or Win. DC College Savings Plan/DC-CAP 12th Grade Essay Contest.

All Contest entries, as described below, are eligible to win.

**Eligibility:** Contest is only open to students who are a U.S. resident and currently enrolled in the 12<sup>th</sup> grade at a District of Columbia Public School or a District of Columbia Public Charter School. Employees of Ascensus Investment Advisors, LLC, Ascensus College Savings Recordkeeping Services, LLC, the DC College Access Program (DC-CAP) and the District of Columbia's Office of Finance and Treasury or their immediate family members (children, siblings, and spouses) and the immediate family and/or those living in the same household of any of the foregoing are not eligible to enter or win. This Contest is subject to all applicable federal, state, and local laws and regulations.

**How to Enter:** The Contest begins at 12:00AM Eastern Time ("ET") on October 30, 2023 and ends at 11:59PM ET on December 11, 2023 ("Entry Period"). 1) During the Entry Period eligible participants may submit an essay on the topic of "Why I want to go to College", through their DC-CAP school representative or directly by mailing it to 1425 K Street NW, Suite 200, Washington, DC 20005. 2) Only one entry per eligible participant may be submitted and multiple entries will result in all entries being ineligible. 3) Entries should be type-written and double-spaced and be no longer than 2,500 words. Please note that, length and format of entries will not make entries ineligible. Your entry constitutes your consent to participate in this Contest and your consent for sponsors to obtain, use, and transfer your name, address and other information for the purpose of administering this Contest. Sponsors and Released Parties are not responsible for lost, incomplete, illegible, late, misdirected, stolen, postage-due, or mutilated entries or mail; any error, omission, interruption, defect or delay in transmission, transaction processing, or communication; technical or mechanical malfunctions; failures or malfunctions of phones, phone lines, or telephone systems; errors in these Official Rules, in any Contest-related advertisements or other materials; human-processing error; failures of electronic equipment, computer hardware or software; or inaccurate entry information, whether caused by equipment, programming used in this Contest, human error, or otherwise. Sponsor reserves the right, at its sole discretion, to void any and all entries of an entrant who sponsors believe has attempted to tamper with or impair the administration, security, fairness, or proper play of this Sweepstakes.

**Awards:** (1) **First Prize:** Two \$2,500 scholarships to be placed into a DC College Savings Plan under the winner's name as beneficiary. (2) **Second Prize:** Two \$1,500 scholarships to be placed into a DC College Savings Plan under the winner's name as beneficiary. (3) **Third Prize:** Two \$1,000 scholarships to be placed into a DC College Savings Plan under the winner's name as beneficiary. Prize details not specifically set forth herein are at sponsors' sole discretion. Federal, state, and local taxes and all other expenses not specified herein are winner's sole responsibility.

**Winners Selection:** The First, Second, and Third Prize Winners will be selected within the District of Columbia for a total of six (6) awards. Winners are chosen on January 30, 2024 from among all eligible entries received by Contest ending date. Entry Essays are judged on the content, grammar, punctuation and delivery of the entrant's story. Essays are initially reviewed by DC-CAP Advisors in each school who will submit their top six entries to the DC-CAP Essay Review Committee, which selects the top three (3) entries from each participating District of Columbia Public and District of Columbia Public Charter School. The DC-CAP Essay Review Committee along with other Sponsors will then select the top six winners. The selection of winners is final and binding in all matters relating to this Contest. Federal, state and local taxes and all other expenses not specified herein are winner's sole responsibility. Winners will be notified in person, by telephone and/or mail. Messages may be left on answering machines or with live persons at the phone number on record for the entrant.

**Miscellaneous:** No transfer, assignment, cash redemption or substitution of prize (or portion thereof) except by sponsors at its sole discretion is allowed. Winners will be required to execute and return a completed application for the DC College Savings Plan within (90) days of issuance of notification. Non-compliance with any of the foregoing may result in disqualification and awarding of prize to an alternate winner. If sponsors are unable to provide award notification through phone or letter, due to phone being disconnected, letter returned as undeliverable or due to other reasons beyond the control of the sponsors, winners may be disqualified and an alternate winner may be selected. By participating, entrants agree to be bound by these Official Rules and agree that: 1) Sponsors and their designees and assigns shall have the right and permission to use (unless prohibited by law) their name, voice, city/state of residence, biographical information, photograph, and/or likeness for advertising and/or trade and/or any other purpose in any media or format, online or offline, now or hereafter known without further compensation, permission, or notification; and 2) Sponsors and their designees and assigns and all of their respective officers, directors, employees, shareholders, representatives and agents shall have no liability and will be held harmless for any liability, loss, injury or death to entrant or any other person, including, without limitation, damage to personal or real property, due in whole or in part, directly or indirectly, by reason of the acceptance, possession, use or misuse of prize or participation in this Contest.

**Sponsors:** DC College Access Program, 1425 K Street NW, Suite 200, Washington, DC 20005; District of Columbia Office of Finance and Treasury 1101 4th Street, SW, Suite 800, Washington, DC 20024

The DC College Savings Plan is administered by the District of Columbia Office of the Chief Financial Officer, Office of Finance and Treasury. Ascensus College Savings Recordkeeping Services, LLC ("ACSR"), the Program Manager, and its affiliates, have overall responsibility for the day-to-day operations including recordkeeping and administrative services. Ascensus Investment Advisors, LLC serves as the Investment Manager.

**CONSUMER DISCLOSURE: NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN.** First Prize valued at \$2,500, Second Prize valued at \$1,500, Third Prize valued at \$1,000. Starts 10/30/2023. Ends 12/11/2023.



# 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)

### 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.

### 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.

### 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

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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)**