

WEEKLY FALCON NEWS

FOR THE WEEK OF 11/22/2020

Holiday Meal Distribution Update

In observance of the Thanksgiving holiday, there will be

NO MEAL DISTRIBUTION

Sunday, November 22 - Sunday, November 29, 2020.

Distribution & pick-up will resume

Wednesday, December 2, 2020 from 4pm - 7pm

Please refer to the distribution flyer to view the schedule.

**We wish all our SEED Families a safe &
Happy Thanksgiving!**

Free Meal Resources for All!

Beginning Thursday, September 24, 2020, DCPS will offer no cost meals to all DC youth age 18 and under at 47 schools across the District. During this period, youth are not required to be enrolled in DC Public Schools to receive meals. Youth and or parents/guardians on their behalf may receive up to 3 breakfast and 3 lunch meals daily. The meal sites will operate through December 31st, 2020. DCPS meal sites can be found [here](#).

Also, the Department of Parks and Recreation (DPR) is currently offering free grab-and-go afternoon meals for DC youth 18 and younger at 10 sites. These meals are available for any child that visits a site. DPR meal sites can be found [here](#).

**The deadline to receive free meals from DCPS locations has been extended from
December 31, 2020 to June 30, 2021.**

UPDATED MEAL DISTRIBUTION SCHEDULE

To limit food waste, we ask all families to complete the [MEAL OPT-IN SURVEY](#) to be included in the meal pick-up. See the schedule below for pick-up days & times.

Pick-ups are twice a week.

THE SEED PCS MEAL DISTRIBUTION SCHEDULE

PICKUP DAYS & TIME:

SUNDAY & WEDNESDAY, 4 P.M. - 7 P.M.

MEALS ARE FREE & AVAILABLE TO ENROLLED SEED PCS SCHOLARS ONLY

Sunday November 15th

Wednesday, November 18th

NO PICK-UPS 11/22, 11/25, & 11/29

SCHOOL CLOSED FOR THANKSGIVING HOLIDAY

Wednesday, December 2nd

Sunday, December 6th

Wednesday, December 9th

Sunday, December 13th

Wednesday, December 16th

Sunday, December 20th

NO PICK-UPS 12/23-1/3

SCHOOL CLOSED FOR WINTER BREAK

Wednesday, January 6th

Sunday, January 10th

Wednesday, January 13th

*Sunday, January 17th

*Meals for Thur., 1/21 & Fri., 1/22 ONLY

NO PICK-UP 1/20: SCHOOL CLOSED 1/18-20

Sunday, January 24th

Wednesday, January 27th

Sunday, January 31st

PICK-UP INSTRUCTIONS:

- WEAR A MASK
 - CLEAR OUT SPACE IN YOUR TRUNK
 - GATES OPEN AT 4PM AND CLOSE AT 7PM
- (ONCE GATES ARE CLOSED MEAL SERVICE IS OVER)

WHEN YOU ARRIVE:

- DRIVE UP TO THE FIRST TENT
 - PROVIDE YOUR SCHOLAR(S) NAME AND MEAL NUMBER
 - DRIVE TO THE SECOND TENT, OPEN THE TRUNK OF YOUR VEHICLE & A STAFF MEMBER WILL PUT MEALS IN THE TRUNK.
- (TOUCH-FREE DELIVERY - PLEASE REMAIN IN YOUR VEHICLE)
- CONTINUE THROUGH THE EXIT GATE.

PLEASE NOTE: BOXES ARE ABOUT 25LBS. EACH AND MAY CONTAIN FROZEN AND PERISHABLE ITEMS SO CONSIDER YOUR MODE OF TRANSPORTATION WHEN PLANNING TO PICK UP MEALS.

HAVE QUESTIONS? CONTACT MRS. HOLMAN-JONES
RHOLMANJONES@SEEDSCHOOLDC.ORG (202)329-8961

SEED DC

Virtual Student Support Services Center

Hours of operation 9:00 AM- 8:00 pm M-Th

Wellness Team

Medication administration support

The New DC Immunization Policy Requirements

COVID Testing Site Resources

Medical Appointments with our community partners

General First Aid questions and support

Contact: *Camelia Jones, LPN*

202-794-2609

Deborah Faison, CMA

202-815-2113

Mental Health Team

Mental Health Resources in the community

Crisis Support

General Stress Relief Tools and Tips

Weekly Wellness Wednesday Activities

Counseling Services

Contact: *Tawane Watkins*

School Social Worker

202-236-6677

Specialized Instruction and 504

Evaluation Planning

IEP and 504 planning,

meeting and implementation

Related Services Management

Community Resources

Parent Support Center

Contact: *Sherita Wallace-Reid*

Director of Student Support Services

202-235-3497

CREATING A SCHEDULE FOR YOUR SCHOLAR- STRATEGIES

Last week's family meeting for How to Create a Schedule for Your Scholar went great! As promised here are some strategies to assist with building routines and having conversations with your scholars. We also added some items to help with anxiety and stress.,

WEBSITES/ARTICLES

[Washington Post- Don't let distance learning be a pain in the neck \(or head, or wrist\)](#)

https://www.washingtonpost.com/lifestyle/2020/09/10/remote-learning-ergonomics-eye-health/?_gl=1*kin6y9*_ga*dGhILTRoLTNmU2Eweld4Y1hGc05XQnhpdkdEQUdPaHgvd2ZZbXNidU94bXBhVEFzUjJkWXAzZm5ac0M4bHFMcA

[8 Tips for Working from Home with kids during COVID-19](#)

<https://www.yalemedicine.org/news/8-tips-work-at-home-with-kids-covid-19>

[How to Talk with Teenagers about routines](#)

<https://courtneyharriscoaching.com/talking-teenagers-routines/>

APPS/PROGRAMS

[Wysa App](#)

Download the Wysa App for a variety of resources



ITEMS TO ASSIST YOU

[Fidgets](#)

https://www.amazon.com/Relieves-Children-Assortment-Birthday-Classroom/dp/B07F83VTM2/ref=ssr_1_57dchill-16keywords-fidgets&pf_rd_p=16075055456&pf_rd_r=57

[Stability Chair](#)

https://www.amazon.com/2x1x1x1-Childrens-Alternative-Classroom-Inflatable/dp/B075U1YTPR/ref=ssr_1_75dchill-16keywords-adhd-chairs-for-kids&pf_rd_p=16075055456&pf_rd_r=57

[Conversation Starters](#)

https://www.amazon.com/Communication-Encourages-Meaningful-Conversations-Relationships/dp/B071NTN9RP/ref=ssr_1_75dchill-16keywords-adhd-ros&pf_rd_p=16075055456&pf_rd_r=57

[Wobble Cushion](#)

https://www.amazon.com/dp/B074MYH6S5/ref=cm_sw_r_sms_api_fabt1_6_TTHGNA43X4

New External Opportunities

Check the school [website](#) for flyers & more information on these opportunities.

FIVE (open to both 9th & 10th)

Do you want the chance to be matched with a mentor whose career matches your interests? Do you want help figuring out your future and the skills you need to be successful? SEED is partnering with The FIVE Network so you can access these opportunities for FREE! **Application Deadline: October 31st**

Mentors Inc. (9th-11th)

Urban Alliance (11th Grade)

Science and Engineering Apprenticeship Program (SEAP)

Must be 16 years of age or older at the time of application to participate.

<https://seap.asee.org/apply>

STEM for Her October 25, 2020 – 4-5 p.m.

Working in STEM – Advice and Guidance for a Career in STEM: STEM for Her is excited to welcome our esteemed panelists as we host a ‘fireside chat’ to discuss the professional trajectory for women in STEM. This virtual session with professional business women of STEM serves to equip, empower, and energize participants for their academic and professional paths in STEM. This successful and dynamic panel will talk about the professional climate and culture for women working within STEM fields. They will discuss unique opportunities and challenges and how organizations and peers can work together to encourage women to pursue and succeed in STEM careers. We welcome all ages of girls to join in on this special event. <https://www.stemforher.org/programs/virtual-programs/>

Questions? Email lthompson@seedschooldc.org

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