

# THE WEEKLY FALCON

for the week of 12/17/2023



## NEWS FROM THE NEST

### The Season is Upon Us!

To Our Falcon Families,

We are four school days away from our highly anticipated Winter Break, and I want to take this opportunity to thank you. We have had a dynamic, challenging and ultimately, rewarding chapter over the last several months. We have worked to incorporate significant universal shifts in our mindsets and protocols to better align with the timeless 3-pillar model that is the foundation of The SEED School of Washington, D.C.. While not easy and far from perfect, we have successfully introduced a few of the most basic expectations that will allow all to better understand our January Reset 2024.

In order to fully execute the SEED model, and immerse our school community in our Core Values, we will be implementing the January Reset 2024 (JR24). In addition to a change in the daily bell schedule, all scholars will participate in Falcon Hour, Mondays through Thursdays from 2:15 to 3:45 p.m. This time will include intentional instruction and activities around each of the three pillars- Rigorous, College-Preparatory Academics, Social Emotional Learning and College Knowledge & Advising. The additional day will include time with one of our community partners covering topics such as Health & Wellness, STEM (Science, Technology, Engineering & Mathematics), Performing Arts, Financial Literacy and Healthy Relationships. This time will also allow for increased professional development for all of our staff members. I think it is vitally important that we continue to build and develop those individuals who interact with our scholars in a way that creates common language, clear expectations, a shared vision, and a commitment that all decisions we make will be student-centered regardless of the setting. It is my belief that through these swift and powerful changes, we will see measurable growth and transformation as the current school year concludes in June. Please be advised that the new schedule and return to school information will be coming in an email multiple times this week and over the break.

This week we will be celebrating the season with a Winter Wonderland Spirit Week! **Part of participating will require scholars to turn their phones in per the SEED policy prior to leaving their dorm floor each morning.**

Those who abide by the simple request and participate in the dress up days, will have access to additional activities and prizes. Scholars received a flyer as they exited on Friday that describes each of the dress-up days. Additionally, first period classes will have a door decorating contest. A holiday card making station will be set up during lunches on Tuesday, and a gingerbread house competition among the dorm houses. Each small group will receive a time on Wednesday after school where they will design and decorate their gingerbread house. Judges will convene on Thursday morning, and winners will be announced at the end of the day just prior to leaving for break. My goal is that our scholars know there is absolutely a time to celebrate, enjoy one another, and add unique opportunities to the every day. This will be a tremendous opportunity for them to demonstrate how beneficial these experiences can be through collective positive and productive participation. I look forward to seeing their creativity and enthusiasm this week.

Let the snowflakes fall! ❄️❄️❄️

Warmly,  
Ms. Hood

### Upcoming Events

- **12/22/2023-1/3/2024: Winter Break - Campus Closed**
- **1/4/2024: Classes Resume**

### School Calendar

# WINTER WONDERLAND HOLIDAY SPIRIT WEEK



DECEMBER 18 -21, 2024



ALL WEEK

## HOLIDAY SPIRIT



Door Decorating: First 20 minutes  
of every 1st period class, 8-8:20 a.m.

Seasonal attire: Christmas, Hanukkah, Kwanzaa, fuzzy & fun!

TUESDAY 19

## TWIN DAY



You & friend twin in your best holiday gear

WEDNESDAY 20

## UGLY SWEATER DAY



Wear your most festive holiday ugly sweater!

THURSDAY 21

## WINTER ONESIES DAY

Whole one-piece pajamas only



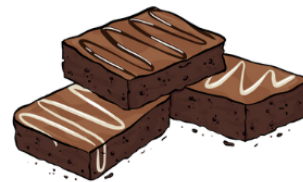
ALL STUDENTS MUST TURN IN ALL PHONES TO  
PARTICIPATE IN THE HOLIDAY SPIRIT WEEK.



# 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

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.

# FULL UNIFORM COMPLIANCE EXPECTED

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

## 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.*



# ATHLETIC SCHEDULES

## VARSITY BOYS 2023-2024

**SEED FALCONS** **PCSAA**

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

**SEED FALCONS** **PCSAA**

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

\*LEAGUE GAME\*

ALL GAMES STREAMED LIVE ON WWW.NFHS.COM

## 2023-2024 SCHEDULE

**SEED FALCONS** **PCSAA**

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



# CLASS OF 2024 ANNOUNCEMENTS



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.

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.

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!

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.

REQUIREMENTS

No prior experience necessary. LearnServe Fellows are curious about the world, open to and excited about meeting people with different perspectives...

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.

# 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.

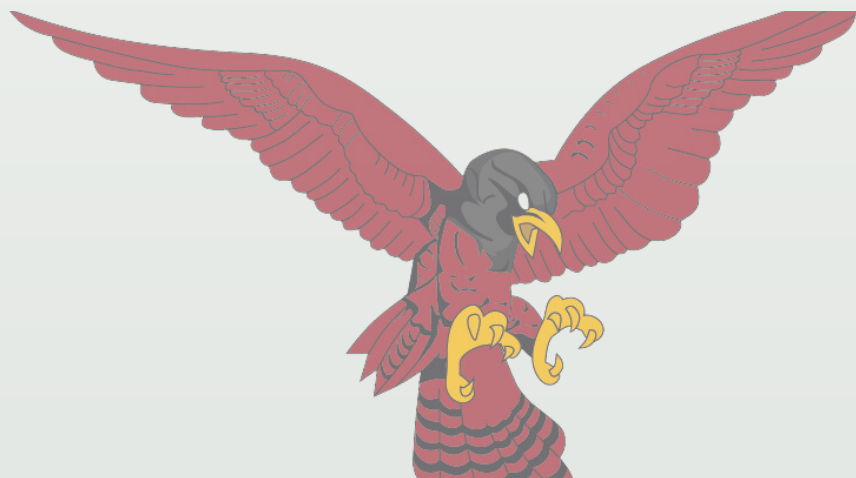
**Absent for three (3) or more days?**

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



# STUDENT LIFE 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.

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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)