

# THE WEEKLY FALCON

for the week of 2/11/2024



## NEWS FROM THE NEST...

### *Beyond Campus- Adventure Awaits!*

To Our Falcon Families,

Thank you to those of you who are able to attend our conferences on Friday. I continue to look forward to the events and occasions that allow us to welcome you to our campus so you have a better understanding of both who is serving your student, and how we might strengthen our partnership with your family. There will be another opportunity to attend conferences in early April. In the meantime, please continue to check PowerSchool and contact us with any questions or concerns you have regarding your student's academic progress.

Last Thursday, nearly half of our 12th graders were honored at our annual Scholar Athlete Senior Night. It was inspiring to see so many of our scholars, many in the middle of their seventh year at SEED DC, stand and be acknowledged for their contributions to our sports teams. Friends and families, as well as their classmates and our staff, cheered enthusiastically as each senior traversed the gym floor. Every scholar recognized has successfully applied to at least 10 Right-Fit colleges per our SEED model. Many have received some of the scholarship offers that now total over \$2.7 million for the Class of 2024.

Our Falcons are tenacious and resilient; they are the masters of their own destiny because they continue to choose to make their opportunities count and understand the power of their collective effort. I personally will always remember this cohort, my first SEED DC seniors, with gratitude and pride. They remind us that persistence and fortitude are our own responsibility and each day is another chance to improve, to contribute and to discover our passion and our purpose.

With the 4-day weekend and break ahead, we will have two reduced weeks of learning. We need to make them meaningful for our scholars. Our SEED Core Values of Responsibility and Gratitude come to mind as we approach this chapter. Our Valentine's Day will include a trip to Dave & Buster's for qualifying scholars, those with a semester one GPA of 3.0 or higher. This will include close to 45% of our student body, and we want to celebrate this important accomplishment.

As the year progresses, I am working to determine additional meaningful excursions for our scholars who actively commit to the daily expectations of wearing one's uniform, turning in one's cellphone and participating in the school day through attendance in every class on time. Currently, we are working on a trip in honor of Black History Month to one of several sites across the DMV. All scholars who follow these reasonable community protocols will have the opportunity to enjoy off-campus events and activities throughout second semester. These comprehensive experiences are at the core of our mission, and we are grateful to be able to afford our scholars a life-changing, one-of-a-kind high school journey!

Believing in each scholar,  
Ms. Hood

## UPCOMING SCHOOL EVENTS

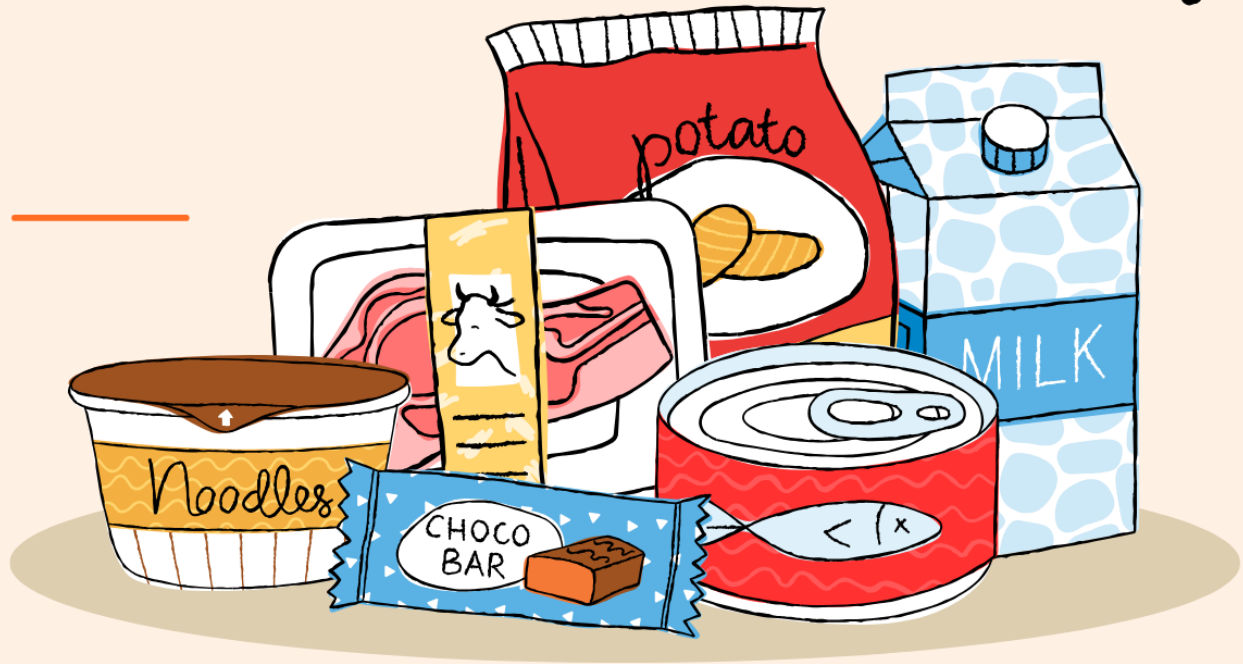
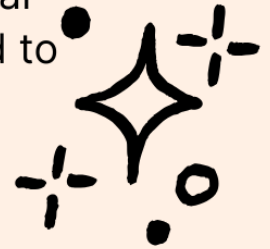
- **2/11:** No Sunday Check-in
- **2/12:** Monday Morning Check-in, 6 - 7:30 a.m.
- **2/15:** Thursday Check-out, 2:21 - 5 p.m.
- **2/16-19:** Mid-Winter Break - School Closed
- **2/20:** Tuesday Morning Check-in, 6-7:30 a.m.

Click here to download the revised: [School Calendar](#).

# FOOD ASSISTANCE



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



## NEED HELP? GET HELP!

For more information on where to find food :

**202-644-9807**

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

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

# SCHOOL MENUS

## FEBRUARY 12 - MARCH 8, 2024

### BREAKFAST & LUNCH

# 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.

**12**

**Breakfast**  
Applesauce or Fresh Fruit  
Whole Grain Egg & Cheese Biscuit  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Chopped Salad  
Flatbread Pepperoni Pizza  
Flatbread Cheese Pizza  
Veggie Flatbread Pizza ♥▼

Whole Grain Biscuit  
Roasted Green Beans  
Diced Peach Cup or Fresh Fruit

**Snack:** Whole Grain Goldfish  
Apple Juice

**13**

**Breakfast**  
Apple Slices or Fresh Fruit  
Whole Grain Bagel  
Whole Grain Cereal, Strawberry Gogurt,  
1% Milk or Fat Free Milk

**Lunch**  
Lemon Greek Chicken  
Veggie Hummus ♥▼

Brown Rice  
Tabouli  
Stir Fried Veggies  
Fresh Fruit or Fresh Fruit Salad

**Snack:** Whole Grain Pretzel Fish  
Fruit Cup

**14**

**Breakfast**  
Fresh Fruit or Orange Juice Cup  
Warm Maple French Toast  
Whole Grain Cereal, Fruited Yogurt,  
1% Milk or Fat Free Milk

**Lunch**  
Buffalo Chicken Bites  
Buffalo Tofu Bites ♥▼

Brown Rice Pilaf  
Parmesan Zucchini Sticks  
Tomato Basil Salad  
Fresh Asian Pear or Fresh Fruit

**Snack:** WG Popcorn  
Apple Slices

**15**

**Breakfast**  
Fresh Berries or Fresh Fruit  
Yogurt Parfait, Whole Grain Pop Tart  
String Cheese  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Chicken & Roasted Pepper Quesadilla  
Cheese Quesadilla ♥▼

Whole Grain Tortilla  
Roasted Carrots  
Black Bean & Corn Salad  
Grapes or Fresh Fruit

**Snack:** Teddy Grahams  
Yogurt

**16**

**No School**

**19**

**HAPPY PRESIDENTS DAY**

**20**

**Breakfast**  
Apple Juice or Fresh Fruit  
Whole Grain Blueberry Muffin  
Strawberry Smoothie  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Sliced Pork or Diced Chicken  
Vegetable Broth  
Diced Tofu ▼

Whole Grain Spaghetti Noodles  
Marinated Edamame  
Chili & Garlic Bok Choy  
Apple Slices or Fresh Fruit

**Snack:** Whole Grain Pretzels  
Apple Juice

**21**

**Breakfast**  
Fresh Fruit  
Whole Grain Toast, Whole Grain Bagel  
Scrambled Eggs  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Beef or Turkey Hot Dog  
Grilled Cheese ▼  
Tomato Soup

Whole Grain Bun  
Marinated Cucumbers  
Fresh Watermelon or Fresh Fruit

**Snack:** Teddy Grahams  
Fruit Cup

**22**

**Breakfast**  
Banana or Fresh Fruit  
Apple Cinnamon Overnight Oats  
Pop Tart, String Cheese  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Blackeyed Pea Salad  
Chicken Salad Sandwich on Croissant  
Black Bean Hummus ▼

Pita Bread Triangles  
Whole Grain Bun  
Fresh Vegetable Crudite  
Strawberries or Fresh Fruit

**Snack:** Multigrain Sunchips  
Apple

**23**

**Breakfast**  
Fresh Pear or Fresh Fruit  
Bacon, Egg & Cheese Croissant  
Croissant  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Brazilian Beef  
Pico de Gallo, Shredded Cheese & Lettuce  
Spiced Black Beans Entree

Whole Grain Brown Rice  
Baked Plantains  
Chili Roasted Carrots  
Cilantro Lime Jicama Slaw  
Orange Sections or Fresh Fruit

**26**

**Breakfast**  
Fresh Fruit or Citrus Fruit Salad  
Blueberry Waffle  
Whole Grain Croissant, String Cheese  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Classic Potato Salad  
BBQ Pulled Pork or BBQ Chicken Salad  
Hot Spiced Apples  
BBQ Vegan Chicken ▼

Whole Grain Crust  
Vegetarian Baked Beans  
Banana or Fresh Fruit

**Snack:** Yogurt  
Whole Grain Pretzels

**27**

**Breakfast**  
Apple Slices or Fresh Fruit  
Whole Grain Bagel, Gogurt  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Beef Chili or White Chicken Chili ♥  
Black Bean & Sweet Potato Chili ▼

Whole Grain Tortilla Chips  
Baked Potato  
Sweet Skillet Corn  
Cornbread  
Cut Melon or Fresh Fruit

**Snack:** Multigrain Cereal Bar  
Cheese Stick

**28**

**Breakfast**  
Fresh Grapes or Fresh Fruit  
Whole Grain Biscuit  
Southwestern Breakfast Burrito  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Fresh Fruit Salad  
Chicken Curry  
Chickpea Marsala ♥▼

Brown Rice  
Pita Bread Triangles  
Honey Glazed Carrots  
Sautéed Spinach  
Banana

**Snack:** Peach Cup  
Teddy Grahams

**29**

**Breakfast**  
Grapefruit Sections or Fresh Fruit  
Whole Grain Pop Tart  
Yogurt Parfait, String Cheese  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Whole Grain Pasta Salad  
Chicken Tenders  
Vegetarian Chicken Nuggets

Whole Grain Biscuit  
Cucumber Sticks w/Ranch Dressing  
Sweet Potato Fries  
Applesauce or Fresh Fruit

**Snack:** Cheezits  
Apple Juice

**Mar 1**

**Breakfast**  
Banana or Fresh Fruit  
Whole Grain Pancake  
Chicken Sausage  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Flatbread Pepperoni Pizza  
Flatbread Cheese Pizza  
Veggie Burgers ♥▼

Whole Grain Bun  
Marinated Tomatoes  
Herb Roasted Carrots  
Fresh Pears

**4**

**Breakfast**  
Red Delicious Apple or Fresh Fruit  
Ham & Cheese on Whole Grain Croissant  
Trix Breakfast Bar, String Cheese  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Swedish Meatballs  
Vegetarian Meatballs

Brown Rice Pilaf ♥  
Macaroni & Cheese  
Jicama & Celery Stick w/Ranch Dressing  
Spiced Black Beans  
Fresh Fruit or Grapes

**Snack:** WG Popcorn  
Peach Cup

**5**

**Breakfast**  
Orange Juice Cup or Fresh Fruit  
Whole Grain Cereal  
Peach Smoothie  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Teriyaki Chicken  
Teriyaki Tofu  
Veggie Grilled Chicken Strips ♥▼

Whole Grain Noodles  
Fried Brown Rice  
Fresh Steamed Broccoli  
Orange Slices or Fresh Fruit

**Snack:** Sunchips  
Fruit Juice

**6**

**Breakfast**  
Fresh Fruit or Banana  
Whole Grain Honey Biscuit  
Banana Bread, Hard Boiled Egg  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Cool Asparagus & Pea Salad  
Ham & Cheese Sub  
Lentil Salad ▼

Whole Grain Sub Roll ♥  
Quinoa  
Italian Baked Tomato Halves  
Apple Slices or Fresh Fruit

**Snack:** Yogurt  
Graham Crackers

**7**

**Breakfast**  
Banana or Fresh Fruit  
Whole Grain Pop Tart  
Blueberry Muffin, String Cheese  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Lentil Salad  
Lemon Baked Tilapia  
Cheese Ravioli in Marinara Sauce ▼

Brown Rice Pilaf  
Roasted Green Beans  
Fresh Baby Carrots w/Ranch Dressing  
Fresh Berries or Fresh Fruit

**Snack:** Sliced Apples  
Whole Grain Goldfish

**8**

**Breakfast**  
Fresh Fruit or Fruit Salad  
Whole Grain English Muffin  
w/Egg, Cheese & Turkey Bacon  
Whole Grain Cereal, Fruited Yogurt  
1% Milk or Fat Free Milk

**Lunch**  
Chicken Caesar Wrap  
Hummus & Toasted Veggie Wrap ♥

Whole Grain Tortilla  
Cucumber & Bell Pepper Crudite  
Roasted Potato Wedges  
Apple Slices

# SCHOOL MENUS

## FEBRUARY 12 - MARCH 8, 2024

### DINNER



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.



# FEBRUARY 12 - MARCH 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE "HEALTHIER" ■ INDICATION ON ENTREES MEANS <350 CAL & 6 SAT. FAT. ON SOUP, SALAD, SIDES MEANS <250 CAL & 6 SAT. FAT. ON BAKED GOODS MEANS <230 CAL & 6 FAT

VEGETARIAN OPTION ▼  
LOW FAT OPTION ♥  
HEALTHIER OPTION ■



SALAD BAR AND FRESH FRUIT ALWAYS AVAILABLE FOR LUNCH/BRUNCH/DINNER.

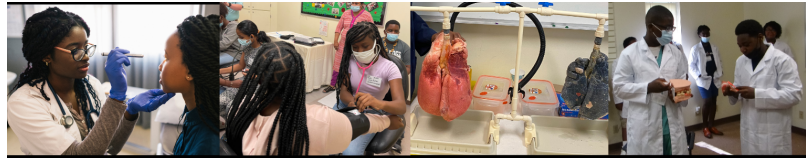
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<p>12</p> <p>Soup du Jour Grape Feta Salad <span style="color: orange;">■</span></p> <p>Taco Bar Grilled Cheese Vegetarian Meat/Taco Bar <span style="color: green;">▼</span> Oven Baked Herb Fish <span style="color: orange;">■</span></p> <p>Oven Roasted Green Beans Assorted Toppings Sour Cream/Cheese Sauce Jalapenos Shredded Lettuce/Tomatoes Black Olives Chocolate Cake Tea</p>	<p>13</p> <p>Soup du Jour Dried Cranberry &amp; Blue Cheese Salad <span style="color: orange;">■</span></p> <p>Beef &amp; Broccoli Vegetarian Beef Strips <span style="color: green;">▼</span> Chicken Veggie Wraps <span style="color: orange;">■</span></p> <p>Sautéed Broccoli Jasmine Rice Ice Cream</p>	<p>14</p> <p>Soup du Jour Chicken Caesar Salad</p> <p>Loaded Cheeseburger Beef or Turkey Vegetarian Chicken Nuggets <span style="color: green;">▼</span> Blackened Glazed Trout <span style="color: orange;">■</span></p> <p>Parmesan Risotto Lettuce, Tomato, Onion, Pickles, Pork or Turkey Bacon Jalapenos, Banana Peppers French Fries Cookies Fruit Punch</p>	<p>15</p> <p>CHECK OUT</p>	<p>16</p> <p>NO SCHOOL</p>
<p>19</p> <p>PRESIDENTS' DAY</p>	<p>20</p> <p>Soup du Jour</p> <p>Taco Tuesdays Beef Tacos Jamaican Chicken Patty <span style="color: green;">▼</span> Beyond Meat Tacos <span style="color: red;">♥</span> Herbed Baked Chicken <span style="color: orange;">■</span></p> <p>Lettuce, Tomato, Onions Salsa, Cheese, Sour Cream Ice Cream</p>	<p>21</p> <p>Soup du Jour Greens &amp; Smoked Gouda Salad</p> <p>Orange Chicken Veggie Orange Chicken <span style="color: red;">♥</span> <span style="color: green;">▼</span> Grilled Orange Chicken Breast <span style="color: orange;">■</span></p> <p>Garlic Sautéed Broccoli Fried Rice Spring Roll Chocolate Chip Cookies Lemonade</p>	<p>22</p> <p>Soup du Jour Green Salad</p> <p>Slow Roasted Pot Roast Vegetarian Beef Strips <span style="color: red;">♥</span> <span style="color: green;">▼</span> Asian Noodle Bowl w/Veggies <span style="color: orange;">■</span></p> <p>Roasted Brussel Sprouts Mashed Potatoes/Gravy Dinner Roll Oreo Pie</p>	<p>23</p> <p>CHECK OUT</p>
<p>Soup du Jour</p> <p>Breakfast for Dinner Eggs, Bacon, Sausage Vegan Breakfast Bake <span style="color: green;">▼</span></p> <p>Jus Eggs, Potatoes, Vegan Sausage Spinach Quiche</p> <p>Roasted Vegetables Cheese Grits Potatoes Buttered Waffle Cinnamon Roll Tea</p>	<p>27</p> <p>Soup du Jour</p> <p>Baked Salmon w/Remoulade Fried Tofu <span style="color: orange;">■</span> Oven Roasted Chicken <span style="color: orange;">■</span></p> <p>Oven Roasted Brussel Sprouts Macaroni &amp; Cheese Ice Cream Cup</p>	<p>28</p> <p>Soup du Jour</p> <p>Housemade Spaghetti Vegetarian Spaghetti w/Beyond Meat Sauce <span style="color: green;">▼</span> Tuna Fish Sub w/Sweet Potato Chips <span style="color: orange;">■</span></p> <p>Caesar Salad Garlic Cheese Bread Lemon Cake Punch</p>	<p>29</p> <p>Soup du Jour Greek Salad</p> <p>Grilled Balsamic &amp; Garlic Flank Steak Grilled Balsamic &amp; Garlic Vegan Beef Strips <span style="color: green;">▼</span> Blackened Tilapia <span style="color: orange;">■</span></p> <p>Oven Roasted Green Beans Red Bliss Rosemary Potatoes Cookies</p>	<p>MAR 1</p> <p>CHECK OUT</p>
<p>Soup du Jour Farmer's Salad</p> <p>Honey Garlic Pork Chops Honey Garlic Vegetarian Chicken <span style="color: green;">▼</span> Honey Garlic Chicken <span style="color: orange;">■</span></p> <p>Oven Roasted Vegetables Herb Roasted Potatoes Rice Krispie Treat Juice Box</p>	<p>5</p> <p>Soup du Jour</p> <p>Oven Roasted Sliced Turkey Eggplant Parmesan <span style="color: green;">▼</span> Blackened Salmon <span style="color: orange;">■</span></p> <p>Sautéed Spinach Candied Yams Dinner Roll Sweet Potato Pie Lemonade</p>	<p>6</p> <p>Soup du Jour</p> <p>Fried Chicken Fried Tofu <span style="color: green;">▼</span> Grilled Chicken Breast</p> <p>Fresh Greens Scalloped Potatoes Cookies Flavored Water</p>	<p>7</p> <p>Soup du Jour Spinach &amp; Fruit Salad</p> <p>Pizza Bar Vegetarian Pizza <span style="color: green;">▼</span> Zucchini Patty</p> <p>Sautéed Vegetable Medley Mexican Street Corn Vanilla Cake Peach Tea</p>	<p>8</p> <p>CHECK OUT</p>

SEED SCHOOL OF WASHINGTON DC DINNER MENU



# THE 9TH - 12TH GRADE MEDICAL ASCENSION PROGRAM



**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**

## Interested in a career in the medical field (Doctor, EMT, Nurse, etc.)?

The 9th - 12th Grade Medical Ascension program allows students to learn more about performing:

- eye exams
- blood pressure screening
- X-rays
- EKG interpretation

Train to become Youth Chronic Illness Management Coaches for friends, family, and community members, and **earn up to 65 community service hours.**

The program meets Tuesdays & Thursdays 4:30pm - 7:00pm at THEARC THEATER (transportation and snacks provided). You are encouraged to attend both days in order to earn the maximum service hours.

**Orientation Sessions on Tuesday, February 6 OR Thursday, February 8 from 4:00pm to 7:00pm**

**[CLICK HERE TO REGISTER](#) for the Winter 2024 Medical Ascension cycle.**

Returning and new youth are invited to enroll as it will be different activities from the Fall cycle and there will also be some activities that reinforce skills gained in the Fall that provide opportunities for new youth to gain the skills learned during the Fall cycle.

**If you are interested in registering in this program or would like to receive more information, please see Dr. Bagley in Suite 101D.**

# PAVE ESSAY CONTEST



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.

**The 2nd Annual [PAVE Essay Contest and Scholarship Program](#) encourages high school students to imagine the future with automated vehicles, and write a well-crafted essay about what that could mean for their communities.**

**Submissions are due March 15, 2024, and winners will be notified in late spring 2024. The top three awardees will win \$2500, \$1500, and \$1000, respectively.**

**[Click here](#) or read the attachment for more information.**

**Need assistance? Reach out to Dr. Bagley or another staff member.**

# 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 SCHOLARSHIPS AWARDED TO DATE



**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!!!



# CLASS OF 2025 ANNOUNCEMENTS

## 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.

The SEED Foundation  
[pmartin@seedfoundation.com](mailto:pmartin@seedfoundation.com)  
202-743-0518

# CLASS OF 2025 ANNOUNCEMENTS

## 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.**

The SEED Foundation  
[pmartin@seedfoundation.com](mailto:pmartin@seedfoundation.com)  
202-743-0518

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



MARYMOUNT  
UNIVERSITY



# Summer Institute 2024



## July 7 – July 20th

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

**Introduction to  
Criminal Justice**

Live and learn in  
community

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

Experience a college-  
level course

**Introduction to Media  
Communication**

Earn college credit that  
can transfer with you.



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

**APPLY NOW**



# DC DUAL ENROLLMENT CONSORTIUM PROGRAM - APPLICATION DEADLINE: 2/23/2024



Office of the State  
Superintendent of Education

## DISTRICT OF COLUMBIA DUAL ENROLLMENT CONSORTIUM PROGRAM

The DC Dual Enrollment Consortium Program allows students to earn college credit at local colleges in the Washington, DC area!

### Attend classes at any of our partner colleges:

- 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-Flagship campus
- Virginia State University

### Why participate in dual enrollment?

- Be college ready. You'll be better prepared for your first year of college.
- The program is free!
- College credits earned through our program are often transferable to other colleges.



SCAN HERE  
TO LEARN MORE AND APPLY!

### APPLICATION REQUIREMENTS

Prepare and scan ALL the following documents with the support of your school counselor:

- Student transcript;
- A copy of
  - Student GED Ready scores, **OR**
  - SAT or ACT scores;
- Essay;
- Teacher Recommendation Form;
- Counselor or Principal Recommendation Form; and
- Signed Released of Information Form.

### APPLICATION TIMELINE

APPLICATION OPENS **JAN. 10, 2024**

STUDENT APPLICATIONS DUE **FEB. 23, 2024**

DECISIONS RELEASED **MARCH 12, 2024**

### ELIGIBILITY REQUIREMENTS

Students must be 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup> graders and must attend a DC public or public charter school.

Adult students seeking a GED must score a 145 or higher on two GED Ready tests, one of which must be Reasoning Through Language Arts.

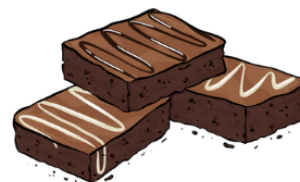
To learn more about the DC Dual Enrollment Consortium Program including detailed eligibility requirements per partner college, contact your college counselor or visit [bit.ly/DCDualEnrollment](https://bit.ly/DCDualEnrollment).



# 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

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, and remind them that bonnets, ski masks, or any other headgear are to be left in the dormitory and not worn during the academic day.

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

Thank you for your continued partnership & support!

## UNIFORM POLICY

### The SEED Uniform Policy

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

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

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

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

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

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

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

### Purchasing Uniforms

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

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



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

JOIN LEARNSERVE FELLOWS!

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

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

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

HANNAH, LearnServe Fellow 2020

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

Click the flier to the right to apply online.

FELLOWS PROGRAM

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

WHEN

September - March

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

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 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.

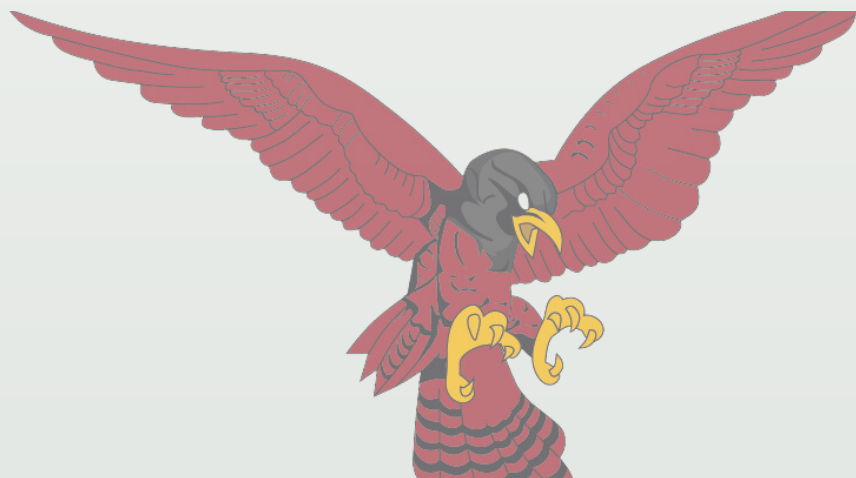
**Absent for three (3) or more days?**

**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.

\*

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..

---

## 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)**