

THE WEEKLY FALCON

for the week of 3/10/2024



NEWS FROM THE NEST...

Structuring Excellence...

To Our SEED DC Families,

We continue to be deeply committed to creating and cultivating an environment that insists on safety, promotes high levels of productivity, and provides a thoughtfully developed daily schedule for all of our scholars. In education, every day counts- each experience is an opportunity to step closer to our mission of preparing each of our scholars for a meaningful, challenging and inspiring future far beyond their successful attainment of a 4-year degree. We know that structure is a mandatory part of this process and are grateful for your support as we reimplement and actively execute the processes and protocols that have previously defined the unique 24/5 model of The SEED Public Charter School of Washington, D.C..

In an effort to increase breakfast attendance and equally important, significantly minimize (eventually eliminate) the tardies and absences associated with the beginning of the academic day, we have implemented a two-tiered universal dorm dismissal to the café each morning. Scholars are expected to comply and walk over with the adult(s) on duty and their grade level peers. If you have received communication about your scholar's refusal to participate or failure to comply, I urge you to speak with them about this important topic protocol. We have implemented similar expectations for each grade level lunch period, the transition to Falcon Hour, and the protocols for moving from the Academic arena into the Student Life space. Each and all of these clear, concise routines has been explained to our scholars multiple times. My expectation is that our staff members follow the procedures as they too are accountable to the day-to-day climate of our school.

As we are well aware, the majority of our students consistently follow the reasonable requests of adults, are responsive, and often even assist in creating an organized environment. Moving forward, a greater emphasis will be placed on this portion of our school population, as I am grateful daily to see the core values and priorities of SEED reflected in the behaviors and mindsets of our scholars. We are working to develop a universal incentive system that weekly highlights scholars demonstrating their commitment to **The SEED Way** - in the school-issued uniform, their cell phone turned in prior to leaving the dorm, on time to all of their classes, and actively engaged in making our school the best high school opportunity in Washington, D.C. As parents, guardians, and caretakers, I am requesting that you too commit to these basic school-wide norms, and understand their value in advancing the experiences of our scholars. Our partnership with families is one of the most powerful levers we have to move SEED DC forward to brand new levels of success and achievement!

Finally, spring is on the horizon! I fully believe in the comprehensive high school experience for all scholars. As our juniors are only weeks away from the annual college tour, please review with them the requirements for attending this once-in-a-lifetime, five-day adventure. I am working to determine external excursions for each grade level. Please know, if your scholar does not meet the basic criteria to attend, they will remain on campus. My hope, my goal is that all of our scholars are able to be a part of these unique events, and we were able to assist them in understanding opportunity requires accountability. Urge your scholar(s) to come to class on time, in full uniform, and without their phone, to demonstrate to all that they are fully capable of rising to the occasion, and deserving of all the exciting moments beyond campus that enhance learning that awaits them!

Thank you in advance for your partnership. I look forward to sharing with you their feedback and reflections in the weeks, days, and months ahead.

Steadfast in Our Partnership,
Ms. Hood

UPCOMING SCHOOL EVENTS

- **3/14:** Thursday Check-out
- **3/15:** No School for Students
- **3/19:** Junior Class In-School Digital SAT Day
- **3/19:** Senior Class Community Service Day (off-campus)
- **3/22:** Junior Class SAT Make-up Day
- **3/31:** Easter Sunday - No Check-in
- **4/1:** Monday Morning Check-in
- **4/8-12:** Annual Junior Class College Tour
- **4/14-20:** Spring Break

STUDENT LIFE UPDATES

Check-in and Checkout Procedures

All students are required to check-in on Sundays between 7:00 - 8:30 p.m. Students who do not check-in on Sunday will not be permitted to board the remainder of the week, but must still attend school during the academic day. Transportation will not be provided. Please see the following exceptions:

- Medical appointments scheduled for the Monday after Sunday check-in
 - The student must present medical appointment documentation upon arrival to campus to return to the boarding program. Please send an email to attendance@seedschooldc.org to report all medical appointments.
- Student returning from an out-of-school suspension

Students will not have early access to the dormitory on any day. Students who need to depart campus early on any day must bring their belongings with them to the designated location when they transition from the dormitory. **Parents/Guardians/Caretakers must submit an early dismissal request to attendance@seedschooldc.org by 8:00 p.m. on the night before the requested early release day.**

“Carryout Night” Suspended

- Due to the repeated student behaviors that necessitates an increase in supervision and compromises our school safety measures, the weekly “carryout night” incentive is suspended until further notice, effective immediately. Students are not permitted to order outside food or other items. Parents and families are prohibited from bringing outside food or ordering outside food for students. Violation of this order will result in disciplinary actions up to and including suspension from the boarding program.
- Snacks must be brought in with Sunday check-in items. **SEED DC will confiscate and discard any snacks or food items brought in after Sunday check-in during the boarding week.**

Uniform and Cell Phone Expectations

- All students are required to wear school uniforms everyday as has been the protocol since September. The school uniform consists of a SEED polo shirt, khaki pants, and closed-toe shoes.
- Headgear is prohibited including ski masks and bonnets during the academic day and throughout student life programming.
- All students are required to turn in their cell phones in the dormitory every morning before transitioning to the academic building for breakfast. The collection process has been clearly explained to all scholars.

Sign-in and Sign out Procedures

- For student safety and security, students are not permitted to leave campus for any reason, except for scheduled appointments. Students are required to sign out at the front desk prior to departing campus for scheduled appointments. The parent/guardian/caregiver must return with the scholar and provide the appropriate documentation by no later than 8:00 p.m. on the day of sign-out.
- Parents/families are not permitted to grant permission for a student to leave campus for unscheduled appointments. Students who depart campus for unscheduled appointments will not be permitted to return to the boarding program on the day of sign out.
- Students under the age of 18 are not permitted to depart campus without an adult, unless transportation is coordinated with a member of the Student Life Leadership Team.

Monthly Attendance Incentives

FEBRUARY

Kisses



MARCH

Fidget Toy



APRIL

Movie Day



MAY

Cold Treat



JUNE

Snack Pack



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.

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. 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 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 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.

GREECE CLASSICS PROGRAM

SEED DC GREECE CLASSICS PROGRAM

INTERESTED IN TRAVELING
TO GREECE THIS SUMMER??

**CLASSES BEGIN
MARCH 11TH
3:30PM**

***ELIGIBILITY FOR TRAVEL: PASSPORT.
PASSING THE GREECE CLASSICS PROGRAM
CLASS. ACADEMIC & BEHAVIOR RECORD**

INTERESTED
STUDENTS SHOULD
SEE DR. BAGLEY, IF
YOU HAVE NOT
ALREADY
REGISTERED.



BREAKFAST & LUNCH MENU

MARCH 11 - APRIL 5


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



















The "Healthier"  indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat

Vegetarian Option 
Low Fat Option 
Healthier Option 



Salad Bar and Fresh Fruit
always available for lunch/brunch/dinner.

Our restaurant is an equal opportunity provider. ©Dish output to change.

<p>11</p> <p>Breakfast Applesauce or Fresh Fruit Whole Grain Egg & Cheese Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chopped Salad</p> <p>Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Flatbread Pizza </p> <p>Whole Grain Biscuit Roasted Green Beans Diced Peach Cup or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Goldfish Apple Juice</p>	<p>12</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel Whole Grain Cereal, Strawberry Gogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Lemon Greek Chicken Veggie Hummus </p> <p>Brown Rice Tabouli Stir Fried Veggies Fresh Fruit or Fresh Fruit Salad 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzel Fish Fruit Cup</p>	<p>13</p> <p>Breakfast Fresh Fruit or Orange Juice Cup Warm Maple French Toast Banana Oat Breakfast Bar Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Buffalo Chicken Bites Buffalo Tofu Bites </p> <p>Brown Rice Pilaf Parmesan Zucchini Sticks Tomato Basil Salad Fresh Asian Pear or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: WG Popcorn Apple Slices</p>	<p>14</p> <p>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</p> <p>Lunch Chicken & Roasted Pepper Quesadilla Cheese Quesadilla </p> <p>Whole Grain Tortilla Roasted Carrots Black Bean & Corn Salad Grapes or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Yogurt</p>	<p>15</p> <p>Professional Development Day</p>
<p>18</p> <p>Breakfast Clementine or Fresh Fruit Whole Grain Mini Pancakes Nutrigrain Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Cantaloupe & Mint Salad</p> <p>BBQ Chicken BBQ Vegan Chicken </p> <p>Barley & Wild Rice Pilaf Baby Peas w/Lemon Fresh Baby Carrots w/Ranch Dressing Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Nutrigrain Cereal Bar, Mandarin Oranges</p>	<p>19</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Blueberry Muffin Strawberry Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Sliced Pork or Diced Chicken Vegetable Broth Diced Tofu </p> <p>Whole Grain Spaghetti Noodles Marinated Edamame Chili & Garlic Bok Choy Apple Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzels Apple Juice</p>	<p>20</p> <p>Breakfast Fresh Fruit Whole Grain Toast, Whole Grain Bagel Scrambled Eggs Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef or Turkey Hot Dog Grilled Cheese  Tomato Soup</p> <p>Whole Grain Bun Marinated Cucumbers Fresh Watermelon or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Fruit Cup</p>	<p>21</p> <p>Breakfast Banana or Fresh Fruit Apple Cinnamon Overnight Oats Pop Tart, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Blackeyed Pea Salad</p> <p>Chicken Salad Sandwich on Croissant Black Bean Hummus </p> <p>Pita Bread Triangles Whole Grain Bun Fresh Vegetable Crudite Strawberries or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Multigrain Sunchips, Apple</p>	<p>22</p> <p>Breakfast Fresh Pear or Fresh Fruit Bacon, Egg & Cheese Croissant Croissant Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Brazilian Beef Pico de Gallo, Shredded Cheese & Lettuce Spiced Black Beans Entree</p> <p>Whole Grain Brown Rice Baked Plantains Chili Roasted Carrots Cilantro Lime Jicama Slaw Orange Sections or Fresh Fruit 1% Milk or Fat Free Milk</p>
<p>25</p> <p>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</p> <p>Lunch Classic Potato Salad</p> <p>BBQ Pulled Pork or BBQ Chicken Salad Hot Spiced Apples BBQ Vegan Chicken </p> <p>Whole Grain Crust Vegetarian Baked Beans Banana or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Yogurt, Whole Grain Pretzels</p>	<p>26</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel, Gogurt Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef Chili or White Chicken Chili  Black Bean & Sweet Potato Chili </p> <p>Whole Grain Tortilla Chips Baked Potato Sweet Skillet Corn Combread Cut Melon or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Nutrigrain Cereal Bar Cheese Stick</p>	<p>27</p> <p>Breakfast Fresh Grapes or Fresh Fruit Southwestern Breakfast Burrito Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Fresh Fruit Salad</p> <p>Chicken Curry Chickpea Marsala </p> <p>Brown Rice Pita Bread Triangles Honey Glazed Carrots Sautéed Spinach Banana 1% Milk or Fat Free Milk</p> <p>Snack: Peach Cup, Teddy Grahams</p>	<p>28</p> <p>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</p> <p>Lunch Whole Grain Pasta Salad</p> <p>Chicken Tenders Vegetarian Chicken Nuggets</p> <p>Whole Grain Biscuit Cucumber Sticks w/Ranch Dressing Sweet Potato Fries Applesauce or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Cheezits, Apple Juice</p>	<p>29</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pancake Chicken Sausage Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Burgers </p> <p>Whole Grain Bun Marinated Tomatoes Herb Roasted Carrots Fresh Peas 1% Milk or Fat Free Milk</p>
<p>Apr 1</p> <p>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</p> <p>Lunch Swedish Meatballs Vegetarian Meatballs</p> <p>Brown Rice Pilaf  Macaroni & Cheese Jicama & Celery Stick w/Ranch Dressing Spiced Black Beans Fresh Fruit or Grapes 1% Milk or Fat Free Milk</p> <p>Snack: WG Popcorn Peach Cup</p>	<p>2</p> <p>Breakfast Orange Juice Cup or Fresh Fruit Whole Grain Cereal Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Teriyaki Chicken Teriyaki Tofu Veggie Grilled Chicken Strips </p> <p>Whole Grain Noodles Fried Brown Rice Fresh Steamed Broccoli Orange Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Sunchips Fruit Juice</p>	<p>3</p> <p>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</p> <p>Lunch Cool Asparagus & Pea Salad</p> <p>Ham & Cheese Sub Lentil Salad </p> <p>Whole Grain Sub Roll  Quinoa Italian Baked Tomato Halves Apple Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Yogurt, Graham Crackers</p>	<p>4</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pop Tart Blueberry Muffin, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Lentil Salad</p> <p>Lemon Baked Tiafia Cheese Ravioli in Marinara Sauce </p> <p>Brown Rice Pilaf Roasted Green Beans Fresh Baby Carrots w/Ranch Dressing Fresh Berries or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Sliced Apples, Whole Grain Goldfish</p>	<p>5</p> <p>Breakfast Fresh Fruit or Fruit Salad Whole Grain English Muffin w/Egg, Cheese & Turkey Bacon Egg, Cheese & Turkey Bacon Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chicken Caesar Wrap Hummus & Toasted Veggie Wrap </p> <p>Whole Grain Tortilla Cucumber & Bell Pepper Crudite Roasted Potato Wedges Apple Slices 1% Milk or Fat Free Milk</p>

SEED School of Washington DC Breakfast & Lunch Menu

DINNER MENU

MARCH 11 - APRIL 5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

March is National Nutrition Month!

Did You Know???

Thomas Jefferson, the third president of the United States, first tasted Mac and Cheese in Paris and introduced the dish to America.

A mushroom contains 92% water.

The strawberry is the only fruit in the world with seeds on the outside.

In the 1830s ketchup was considered medicine.

Cheesecake originated in Greece.



Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.

This institution is an equal opportunity provider. Menu subject to change.

11

Beef Noodle Soup
Tortellini Pasta Salad
Spring Vintner's Salad w/Sunflower Seeds

Country Fried Steak
Roasted Turkey Breast
Caribbean Vegetable Stew

Baked Sweet Potato
Brown Butter Sautéed Broccoli
Farmer's Market Vegetable
Parker House Roll
Shortcake Bar

12

French Mushroom Soup
Meriwether's Three Bean Salad
Chopped Club Salad

Pork Carnitas Fajita
Chicken Fajita
Spicy Vegan Black Bean Tostada

Green Rice
Sautéed Squash & Onions
Farmer's Market Vegetable
Mexican Pinto Beans
Sopaipillas
Chocolate Sauce & Honey

13

Potato Cheddar Soup
Brussels Sprout Salad w/Cranberries
Classic Caesar Salad

Thai Beef & Peppers
Spicy Coconut Ground Chicken
Tofu w/Thai Curry Sauce

Rice Vermicelli Noodles
Thai Style Grilled Vegetables
Farmer's Market Vegetable
Thai Carrot Salad
Thai Mango Pudding

14

No Dining Service

15

Professional Development Day

18

Spicy Thai Chicken Soup
Dilled Seafood Salad
Great Green Salad

Cheeseburger Pie
Chicken Pot Pie
Roasted Vegetable & White Pot Pie

Chive Mashed Potatoes
Honey Ginger Carrots
Farmer's Market Vegetable
Warm Rustic Breads & Spreads Bar
Warm Chunky Applesauce
Raspberry White Chocolate Bread Pudding
Vanilla Ice Cream

19

Cream of Broccoli Soup
Greek Orzo Salad w/Mustard Oil Vinaigrette
Sweet & Spicy Kale Salad

General Tso's Chicken
Five Spice Rubbed Pork Tenderloin
Mongolian Glazed Tofu

Scallion Rice
Stir Fried Vegetables
Farmer's Market Vegetable
Warm Naan Bread
Chicken Pot Stickers
Coconut Pudding
Cinnamon Whipped Topping

20

Loaded Baked Potato Soup
Cucumber, Mango & Radish Salad
Curried Chicken Salad
Greens w/Avocado & Sunflower Seeds

Hearty Texas Beef Chili
Turkey Chili
Black Bean & Butternut Chili

Tater Tots
Chili Garlic Roasted Broccoli
Farmer's Market Vegetable
Housemade Cornbread Muffin
Fritos
Key Lime Pie
Whipped Topping

21

Beef Noodle Soup
Ranch Potato Salad
Citrus Spinach Salad

Butter Chicken
Tilapia in Bengali Mustard Sauce
Butter Tofu

Jasmine Rice
Garlic Sautéed Spinach
Farmer's Market Vegetable
Warm Pita Bread
Spicy Broasted Green Beans
Chocolate Eclair Pie
Vanilla Sauce

22

No Dining Service

25

Cream of Mushroom Soup
Soup du Jour
Spicy Chickpea Salad
Egg Salad
BLT Salad w/Beef Mayo

Fried Chicken
Herb Roasted Chicken Breast
Korean Fried Cauliflower

Macaroni & Cheese Bar
Sautéed Squash & Onions
Farmer's Market Vegetable
Buttermilk Biscuit
Pimento Cheese
Chocolate Mousse

26

Spicy Pesto Vegetable Soup
Steak & Potato Soup
Turkey Salad w/Grapes
Cobb Salad

Grilled Center Cut Pork Chop
Roasted Turkey Breast
Grilled Portobello Mushrooms

Mashed Potatoes
Sautéed Green Beans w/Pears
Farmer's Market Vegetable
Warm Parker House Roll
Cornbread Dressing
Peach Crumb Bars
Vanilla Ice Cream

27

Creamy Potato Soup
Curried Chicken Soup
Farro Salad w/Tomatoes & Herbs
Balsamic Tuna Salad
Mixed Lettuce Salad & Herb Vinaigrette

Slow Cooked BBQ Brisket
Roasted Coo w/Tomato Ginger Sauce
Vegan Beef Tips w/Mushrooms & Peppers

Baked Potato
Creamed Spinach
Caramelized Brussel Sprouts
Ciabatta Roll
Onion Rings
Ice Cream Sundae Bar

28

Soup du Jour
Chili Cheese Chowder
Tangy Broccoli Salad
Kale & Butternut Chopped Salad

Fisherman's Platter
Sweet & Stick Chicken Leg
Battered Fishless Fillet

Curly Fries
Roasted Butternut Squash
Farmer's Market Vegetable
Cheddar Bay Biscuit
Colelaw
Cheesecake

29

No Dining Service

Apr 1

Tortellini Vegetable Soup
Chicken Parmesan Soup
Carmellini Bean & Olive Salad
Mediterranean Salad

Chicken Marsala
Cuban Spice Rubbed Pork Loin
Grilled Portobello Marsala

Roasted Sweet Potatoes
Brown Butter Sautéed Broccoli
Crusty Rosemary Olive Oil Bread
Caprese Platter
Chocolate & Vanilla Cupcakes

2

Roasted Red Pepper Soup
Sausage & Kale Soup
Barley Salad
Egg & Bacon Salad
Romaine Salad w/Dried Cranberries & Feta

Grape Jelly Meatballs
Peel & Eat Shrimp
Vegan Sweet & Sour Meatballs

Chili Cheese Tots
Tomatoes Baked w/Cheese
Farmer's Market Vegetable
Warm Parker House Roll
Hot Spinach & Cheddar Dip
Chocolate Fondue Bar

3

Chicken Tortilla Soup
Chipotle Sweet Potato Salad
Tarragon Chicken Salad
Tuscan Kale Caesar

Chicken Fingers
Turkey Bacon & Spinach Quiche
Blueberry French Toast Bake
Vegan "Just Egg" Onion & Cheddar Scramble

O'Brien Potatoes
Maple Acorn Squash
Farmer's Market Vegetable
House Baked Blueberry Muffin
Cinnamon Apples
Smoothie Bar

4

Cream of Broccoli Soup
Steak & Potato Soup
Shrimp Salad
Crunchy Spinach Salad

Double Cheese Meatloaf
Rofessete Style Roasted Chicken
Meatless Lentil Loaf

Mashed Potatoes
Roasted Green Beans
Farmer's Market Vegetable
Rustic Bread & Spreads
Southern Corn Pudding
Cannoli

5

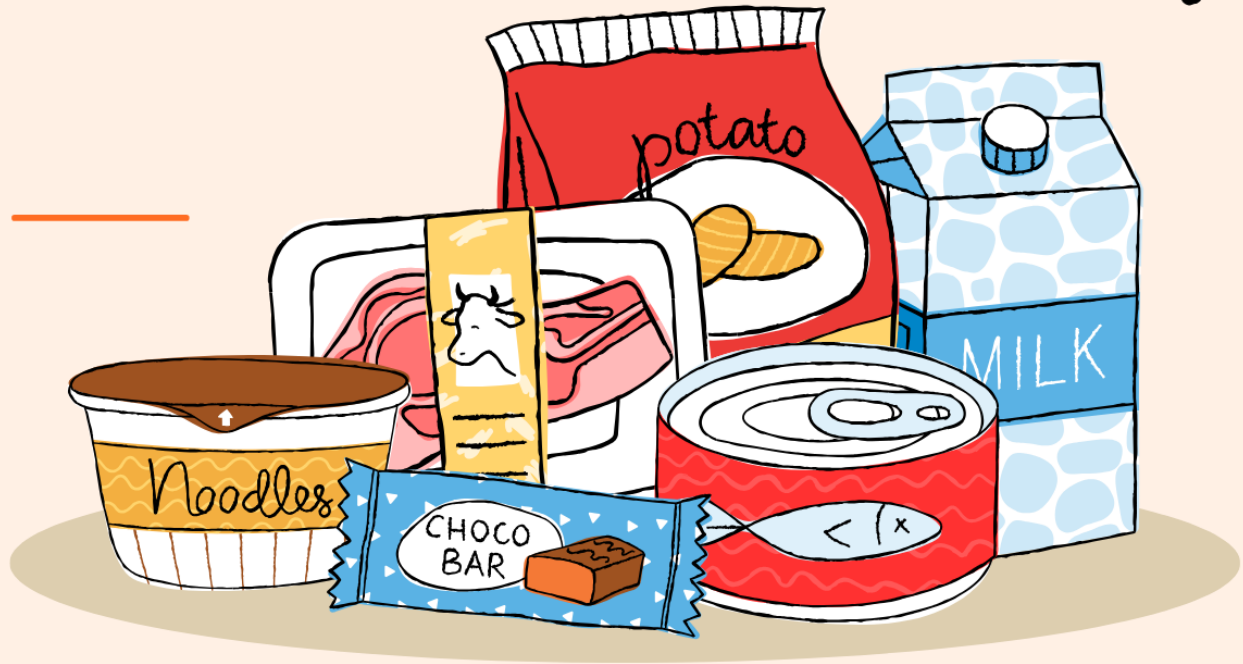
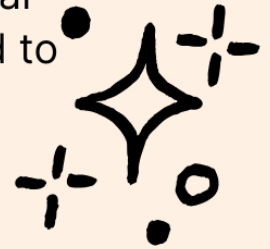
No Dining Service

SEED School of Washington DC Dinner Menu

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

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

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.

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 2nd 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
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
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

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 9th, 10th or 11th 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.



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](https://www.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."

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.learnserve.org or contact our Office Manager, Latoya Felder at latoya@learn-serve.org.

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">All school scholars must wear a burgundy polo shirt that bears the SEED DC logo.Shirts must be tucked in at ALL times.Seniors may wear the striped senior oxford
Pants/Skirts/Shorts	<ul style="list-style-type: none">Tan khaki uniform pants, skirts, shorts or jumpers (knee length only) must be worn throughout the school year.All tan khaki pants and shorts must have belt loops.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).
Belts	<ul style="list-style-type: none">Belts must be worn with pants, shorts or skirts with belt loops.Belt buckles must be plain and appropriate.
Head Gear	<ul style="list-style-type: none">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.Scholars are permitted to wear any solid color headband
Outerwear	<ul style="list-style-type: none">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.Scholars must wear <u>polo's</u> underneath ALL outerwear.Scholars are not allowed to wear hooded sweatshirts
Shoes	<ul style="list-style-type: none">Scholars can wear shoes of their choice with the exceptions listed below.Scholars may not wear high heel shoes or wedges (exceeding 1") flip-flops, sandals, slippers, or any other open-toed or heel out shoes.
Physical Education	<ul style="list-style-type: none">All scholars must change into athletic skid-free sneakers, a t-shirt, and athletic shorts (must be knee-length) and/or sweatpants.

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.*

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

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

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