

# THE WEEKLY FALCON

for the week of 3/24/2024



## NEWS FROM THE NEST...

### *Spring Fling Is Upon Us!*

To Our SEED DC Families,

We are excited about our plans for the week ahead as we want to give all scholars a chance to spend some time socializing and celebrating the arrival of Spring! We will have several dress up days, including Twin Day, Pastels & Petals- Spring Colors Day and Dress Down Friday. Scholars are expected to wear our full uniform on Monday and Tuesday, and are invited to participate in these special opportunities the remainder of the week. Additionally, we have special activities planned for multiple afternoons and a Glow & Dance Party one evening. We are in the process of filling over 1200 plastic eggs for grade level Spring Egg Hunts! I believe that having events like this are important and memorable moments as a part of one's high school experience. The more consistent we all become with the everyday expectations at SEED DC, such as following the Cell Phone Policy, leaving the dorm on time and daily attendance every period, the more frequently we will be able to deviate from the critical routines and protocols that define our 24/5 environment.

Please take a few moments to ask your scholar(s) about Falcon Hour, as we will continue to refine and advance the planning and execution of this new, exciting final segment of our academic day! This learning block that runs from 2:50-4:15 p.m., Mondays through Thursdays, includes both our teaching staff and our student life professionals. Grade-specific teams of 15-20 scholars are led by at least 3 SEED adults, and each day includes a Mindful Moment and at least 20 minutes dedicated to literacy. Our focus is on the three pillars of our model, and an additional day that allows our school community to work with our external partners. This enrichment/enhancement/intervention time is a vital part of ensuring all scholars have an additional daily opportunity to grow and advance in this comprehensive educational environment.

As we continue our preparation for the 2024/2025 school year, we will be presenting scholars with options to select their elective courses. While it is critical that all of our scholars have an extended time in the core subjects, I want to make sure they have choices when appropriate and possible. I will ensure you are aware of the new registration and course selection process. With the re-enrollment season upon us, we strongly encourage you to submit all required paperwork to secure your scholar's place in the upcoming school year. **The re-enrollment deadline is May 1st.**

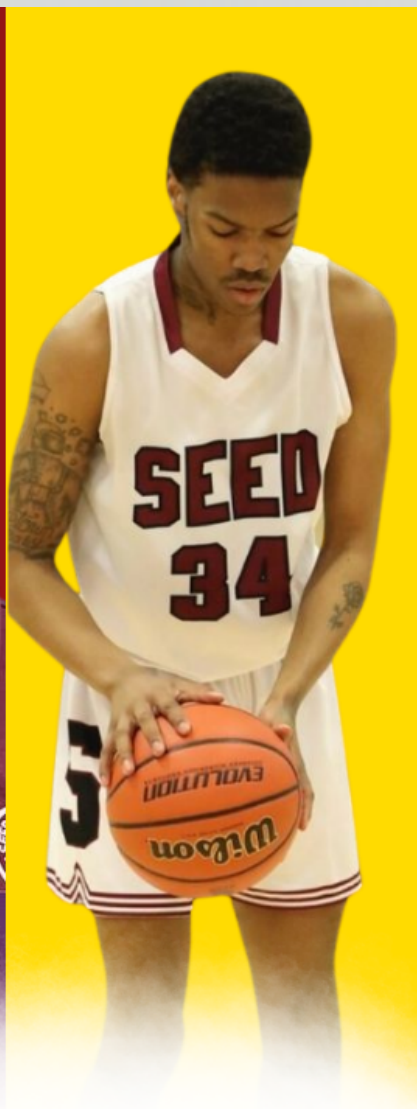
We are excited to continue to share with you the plans we have for the new school year. We will be attending five recruiting fairs, including Howard University and Drexel University, seeking high quality, deeply committed applicants for both our academic and student life. All members of our academic staff will participate in *The Standards Institute*, a nationally recognized, week-long training hosted by *Unbound Ed* focused on strong classroom/teaching practices. We are working to provide equally meaningful professional development for our student life team to create a unified, meaningful, thoughtfully structured, and engaging daily landscape for our scholars. As we expand the skill set of our team, we elevate the student experience.

Thank you for your continued partnership. We are here to ensure all scholars are prepared for success in and beyond their collegiate journey. At the end of this week, the 46 scholars who make up the Class of 2024 have earned over \$4 million in merit-based scholarships! This is phenomenal, and we are determined to ensure they are fully prepared to assess their abundant options, confidently, stepping into the next chapter of their scholastic lives!

Happy Spring!  
Ms. Hood

## UPCOMING SCHOOL EVENTS

- **3/26:** c/o 2025 Virtual Family College Counseling Meeting, 6:00 p.m.
- **3/31:** Easter Sunday - No Check-in
- **4/1:** Monday Morning Check-in, 6-7:30 a.m.
- **4/8-12:** Annual Junior Class College Tour
- **4/14-20:** Spring Break



ST. COLUMBIA

# NOW IS THE TIME TO SUBMIT RE-ENROLLMENT

**The re-enrollment deadline is  
May 1, 2024.**

- 1st 150 completed by 5/1 will receive a new SEED sweatshirt
- Weekly prizes for students
- Prizes & raffles for families

**For assistance call  
202-248-3025 or email  
admissions@seedschooldc.org**



**FALCON PRIDE!**

Rigorous, College-Preparatory Academics

Social Emotional Learning

College Knowledge & Advising

Award-winning Theatre Program

# **NWEA MAP TESTING INCENTIVES**

**TOP 5 Growth  
Scores (per  
grade)**

**PRIZE: Field Trip**

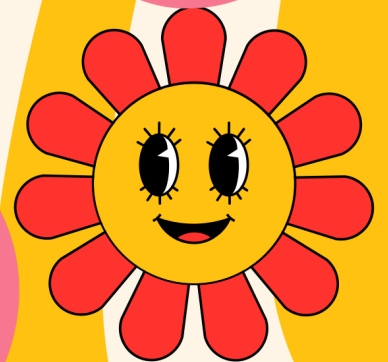
**Raffle Prizes**

**Gift Cards!**

**Athletic Gear!**

**Food!**

**A Dessert and Raffle  
Ticket for each  
student who finishes  
during the first session**



**FROM THE DESK OF THE COLLEGE SUCCESS DEPARTMENT...**

**Class of 2025 News:**



**The SEED School of Washington, D.C.**

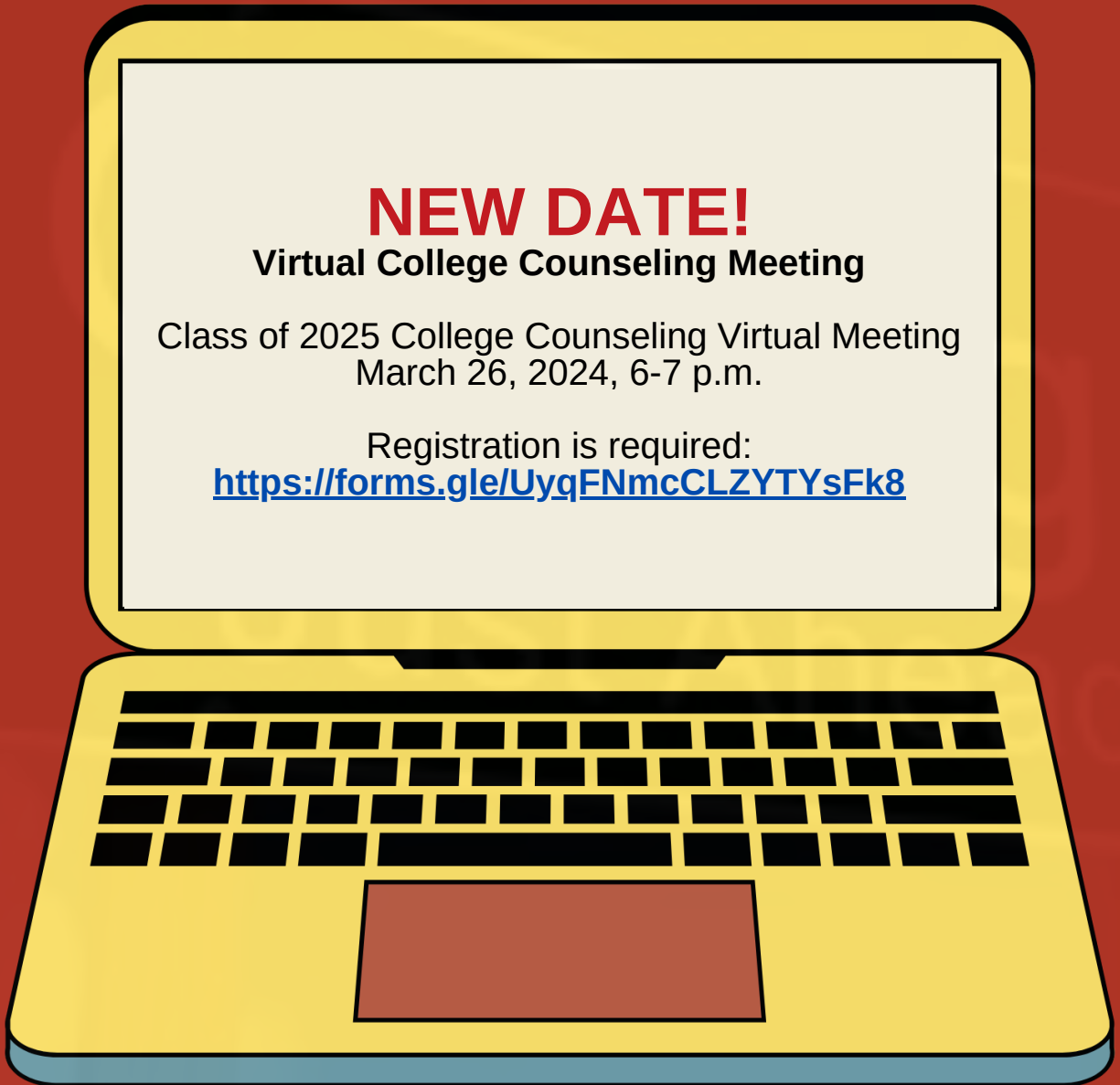
**NEW DATE!**

**Virtual College Counseling Meeting**

Class of 2025 College Counseling Virtual Meeting  
March 26, 2024, 6-7 p.m.

Registration is required:

<https://forms.gle/UyqFNmcCLZTYsFk8>



CLASS OF 2024

# 5 TOP EARNERS

Kickboard Target Skills: AM Transition, In Uniform, Sunday Check In, SEED Ready, Cellphone Compliance, Praise

**QUESTIONS**

FACE Office



Date: March 18-28th

Prize: Visa Gift Card : 3/29 at Dismissal

# 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](mailto: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](mailto: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](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.**



# 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.  Does subject to change.

<p><b>11</b></p> <p><b>Breakfast</b> Applesauce or Fresh Fruit Whole Grain Egg &amp; Cheese Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> 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><b>12</b></p> <p><b>Breakfast</b> Apple Slices or Fresh Fruit Whole Grain Bagel Whole Grain Cereal, Strawberry Gogurt, 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> 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><b>13</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> 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><b>14</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> Chicken &amp; Roasted Pepper Quesadilla Cheese Quesadilla </p> <p>Whole Grain Tortilla Roasted Carrots Black Bean &amp; Corn Salad Grapes or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Yogurt</p>	<p><b>15</b></p> <p><b>Professional Development Day</b></p>
<p><b>18</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> Cantaloupe &amp; Mint Salad</p> <p>BBQ Chicken BBQ Vegan Chicken </p> <p>Barley &amp; 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><b>19</b></p> <p><b>Breakfast</b> Apple Slices or Fresh Fruit Whole Grain Blueberry Muffin Strawberry Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Sliced Pork or Diced Chicken Vegetable Broth Diced Tofu </p> <p>Whole Grain Spaghetti Noodles Marinated Edamame Chili &amp; Garlic Bok Choy Apple Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzels Apple Juice</p>	<p><b>20</b></p> <p><b>Breakfast</b> Fresh Fruit Whole Grain Toast, Whole Grain Bagel Scrambled Eggs Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> 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><b>21</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> 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><b>22</b></p> <p><b>Breakfast</b> Fresh Pear or Fresh Fruit Bacon, Egg &amp; Cheese Croissant Croissant Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Brazilian Beef Pico de Gallo, Shredded Cheese &amp; 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><b>25</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> 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><b>26</b></p> <p><b>Breakfast</b> Apple Slices or Fresh Fruit Whole Grain Bagel, Gogurt Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Beef Chili or White Chicken Chili  Black Bean &amp; 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><b>27</b></p> <p><b>Breakfast</b> Fresh Grapes or Fresh Fruit Southwestern Breakfast Burrito Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Fresh Fruit Salad</p> <p>Chicken Curry Chickenpea 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><b>28</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> 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><b>29</b></p> <p><b>Breakfast</b> Banana or Fresh Fruit Whole Grain Pancake Chicken Sausage Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> 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><b>Apr 1</b></p> <p><b>Breakfast</b> Red Delicious Apple or Fresh Fruit Ham &amp; Cheese on Whole Grain Croissant Trix Breakfast Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Swedish Meatballs Vegetarian Meatballs</p> <p>Brown Rice Pilaf  Macaroni &amp; Cheese Jicama &amp; 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><b>2</b></p> <p><b>Breakfast</b> Orange Juice Cup or Fresh Fruit Whole Grain Cereal Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> 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><b>3</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> Cool Asparagus &amp; Pea Salad</p> <p>Ham &amp; 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><b>4</b></p> <p><b>Breakfast</b> 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><b>Lunch</b> Lentil Salad</p> <p>Lemon Baked Tilapia 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><b>5</b></p> <p><b>Breakfast</b> Fresh Fruit or Fruit Salad Whole Grain English Muffin w/Egg, Cheese &amp; Turkey Bacon Egg, Cheese &amp; Turkey Bacon Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p><b>Lunch</b> Chicken Caesar Wrap Hummus &amp; Toasted Veggie Wrap </p> <p>Whole Grain Tortilla Cucumber &amp; 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**

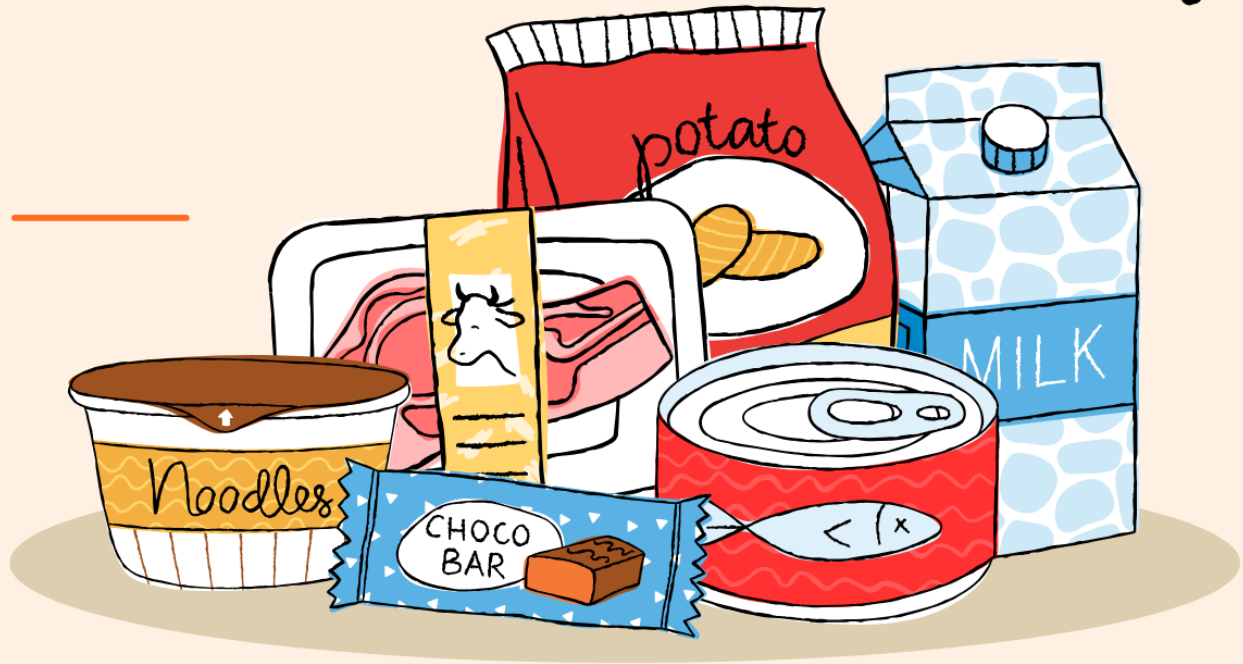
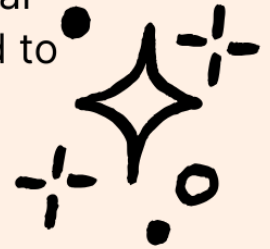
**No Dining Service**

**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](mailto: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 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**





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).



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.

# 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.*

# 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:  
Mrs. 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  
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](mailto:ctyson@seedschooldc.org)