THE SEED PUBLIC CHARTER SCHOOL OF WASHINGTON, D.C.

THE WEEKLY
FALCON

for the week of 3/3/2024

NEWS FROM THE NEST...

Student Life Updates...

To Our SEED DC Families,

As we begin a new month, I am asking that you assist us in advancing our efforts around safety and structure across our unique 24 hour/5-day-a-week environment. Please ensure that you have reviewed the Student Life message sent earlier today by Mr. Rooks with your scholar(s). While we understand much of this information has been shared multiple times throughout this school year, emphasized as part of the January Reset 2024 and can be found in our Scholar/Family Handbook, we believe it is important to emphasize these are not requests but protocols and requirements for each and all scholars. We are looking forward to a positive, productive week as a school community.

Sincerely,
Ms. Hood

UPCOMING SCHOOL EVENTS

- **3/8:** Q3 Progress Reports Released
- **3/14:** Thursday Check-out
- **3/15:** No School for Students
  Click here to download the revised: **School Calendar**.

STUDENT LIFE UPDATES

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.

Check-in and Checkout Procedures
- **Students must check-in on Sundays between 7:00 - 8:30 p.m.** Please send an email to attendance@seedschooldc.org and contact Ms. I. Brown, Student Life Coordinator at (202) 617 – 0513 to report any issues that may impact your student's attendance for Sunday check-in. Scholars with unexcused absences will not be permitted to check-in for the week, but must still attend school during the academic day. Transportation will not be provided.
- Students will not have early access to the dormitory on any day. Students who need to depart campus early on a check-out day must bring their belongings with them to the designated location when they transition from the dormitory. Parents/families must submit an early release request to attendance@seedschooldc.org by 8:00 p.m. on the night before a checkout day.

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 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

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.

VOL. 2   FEBRUARY 2024

SAWUBONA

PILLAR 2 SOCIAL EMOTIONAL LEARNING

BLACK HISTORY MONTH 365

FEBRUARY IS A PIVOTAL OPPORTUNITY TO ADVANCE OUR MASTERY OF THE CASEL CORE COMPETENCY, SOCIAL AWARENESS. UNDERSTANDING THE DEPTH AND BREADTH OF THIS HISTORY IS A RESPONSIBILITY THAT FALLS ON EACH OF US, URGING US TO RECOGNIZE THE STRENGTH IN OUR DIVERSE NARRATIVES AND THE POWER OF COLLECTIVE EMPATHY

IN AN ERA WHERE SOCIAL MEDIA OFTEN DICTATES THE FLOW OF INFORMATION, IT BECOMES CRUCIAL TO CHALLENGE OUR ASSUMPTIONS AND THE PERSPECTIVES WE HOLD OF EACH OTHER. LET US FURTHER COMPREHEND HOW PERSONAL NARRATIVES, CONTROLLED AND MANIPULATED BY SOCIAL MEDIA, AFFECT OUR SOCIAL FABRIC.

C.A.S.E.L: SOCIAL AWARENESS

THE ABILITIES TO UNDERSTAND THE PERSPECTIVES OF AND EMPATHIZE WITH OTHERS, INCLUDING THOSE FROM DIVERSE BACKGROUNDS, CULTURES, AND CONTEXTS.

SEED CORE VALUE: RESPONSIBILITY

WE DISPLAY RESPONSIBILITY BY TAKING OWNERSHIP AND BEING ACCOUNTABLE FOR OUR WORDS, ACTIONS, AND RESULTS.

MOC SOCIAL SKILLS FOCUS

KICKBOARD:

1. APPROPRIATE USE OF TECHNOLOGY   2. DRESS CODE COMPLIANCE

GENERAL:

A. FOLLOWING INSTRUCTIONS   B. ACCEPTING FEEDBACK
C. APPROPRIATE LANGUAGE   D. MANAGING TIME

Academic Rigor
Life Skills Development
Mental & Physical Health Services
Social & Enrichment Programs
College Exposure
College Transition & Success Services

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!
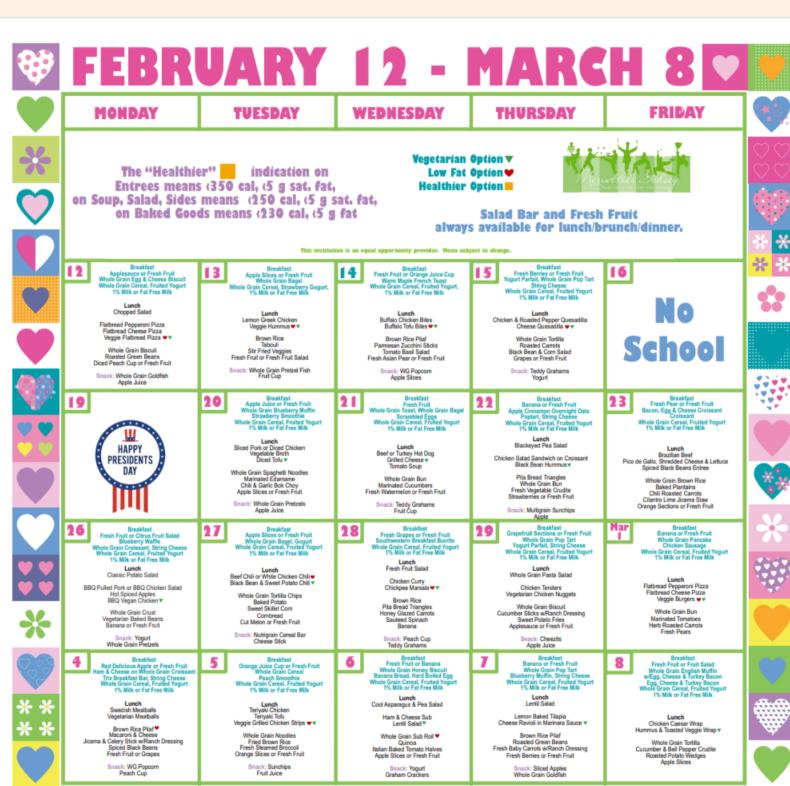
For more information on where to find food :

202-644-9807

hungerlife@capitalareafoodbank.org

Food Bank for the Washington, DC, Region

FEBRUARY 12 - MARCH 8

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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Breakfast: Applesauce or Fresh Fruit, Whole Grain Egg & Cheese Biscuit, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Chopped Salad. Flatbread Pepperoni Pizza, Flatbread Cheese Pizza, Veggie Flatbread Pizza ♥▼. Whole Grain Biscuit, Roasted Green Beans, Diced Peach Cup or Fresh Fruit. Snack: Whole Grain Goldfish, Apple Juice	**13** Breakfast: Apple Slices or Fresh Fruit, Whole Grain Bagel, Whole Grain Cereal, Strawberry Gogurt, 1% Milk or Fat Free Milk. **Lunch:** Lemon Greek Chicken, Veggie Hummus ♥▼. Brown Rice, Tabouli, Stir Fried Veggies, Fresh Fruit or Fresh Fruit Salad. Snack: Whole Grain Pretzel Fish, Fruit Cup	**14** Breakfast: Fresh Fruit or Orange Juice Cup, Warm Maple French Toast, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Buffalo Chicken Bites, Buffalo Tofu Bites ♥▼. Brown Rice Pilaf, Parmesan Zucchini Sticks, Tomato Basil Salad, Fresh Asian Pear or Fresh Fruit. Snack: WG Popcorn, Apple Slices	**15** Breakfast: Fresh Berries or Fresh Fruit, Yogurt Parfait, Whole Grain Pop Tart, String Cheese, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Chicken & Roasted Pepper Quesadilla, Cheese Quesadilla ♥▼. Whole Grain Tortilla, Roasted Carrots, Black Bean & Corn Salad, Grapes or Fresh Fruit. Snack: Teddy Grahams, Yogurt	**16** No School
19 HAPPY PRESIDENTS DAY	**20** Breakfast: Apple Slices or Fresh Fruit, Whole Grain Blueberry Muffin, Strawberry Smoothie, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Sliced Pork or Diced Chicken, Vegetable Broth, Diced Tofu ▼. Whole Grain Spaghetti Noodles, Marinated Edamame, Chili & Garlic Bok Choy, Apple Slices or Fresh Fruit. Snack: Whole Grain Pretzels, Apple Juice	**21** Breakfast: Fresh Fruit, Whole Grain Toast, Whole Grain Bagel, Scrambled Eggs, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Beef or Turkey Hot Dog, Grilled Cheese ▼, Tomato Soup. Whole Grain Bun, Marinated Cucumbers, Fresh Watermelon or Fresh Fruit. Snack: Teddy Grahams, Fruit Cup	**22** Breakfast: Banana or Fresh Fruit, Apple Cinnamon Overnight Oats, Poptart, String Cheese, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Blackeyed Pea Salad. Chicken Salad Sandwich on Croissant, Black Bean Hummus ▼. Pita Bread Triangles, Whole Grain Bun, Fresh Vegetable Crudite, Strawberries or Fresh Fruit. Snack: Multigrain Sunchips, Apple	**23** Breakfast: Fresh Pear or Fresh Fruit, Bacon, Egg & Cheese Croissant, Croissant, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Brazilian Beef, Pico de Gallo, Shredded Cheese & Lettuce, Spiced Black Beans Entree. Whole Grain Brown Rice, Baked Plantains, Chili Roasted Carrots, Cilantro Lime Jicama Slaw, Orange Sections or Fresh Fruit
26 Breakfast: Fresh Fruit or Citrus Fruit Salad, Blueberry Waffle, Whole Grain Croissant, String Cheese, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Classic Potato Salad. BBQ Pulled Pork or BBQ Chicken Salad, Hot Spiced Apples, BBQ Vegan Chicken ▼. Whole Grain Crust, Vegetarian Baked Beans, Banana or Fresh Fruit. Snack: Yogurt, Whole Grain Pretzels	**27** Breakfast: Apple Slices or Fresh Fruit, Whole Grain Bagel, Gogurt, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Beef Chili or White Chicken Chili ♥, Black Bean & Sweet Potato Chili ▼. Whole Grain Tortilla Chips, Baked Potato, Sweet Skillet Corn, Cornbread, Cut Melon or Fresh Fruit. Snack: Nutrigrain Cereal Bar, Cheese Stick	**28** Breakfast: Fresh Grapes or Fresh Fruit, Southwestern Breakfast Burrito, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Fresh Fruit Salad. Chicken Curry, Chickpea Marsala ♥▼. Brown Rice, Pita Bread Triangles, Honey Glazed Carrots, Sauteed Spinach, Banana. Snack: Peach Cup, Teddy Grahams	**29** Breakfast: Grapefruit Sections or Fresh Fruit, Whole Grain Pop Tart, Yogurt Parfait, String Cheese, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Whole Grain Pasta Salad. Chicken Tenders, Vegetarian Chicken Nuggets ▼. Whole Grain Biscuit, Cucumber Sticks w/Ranch Dressing, Sweet Potato Fries, Applesauce or Fresh Fruit. Snack: Cheezits, Apple Juice	**Mar 1** Breakfast: Banana or Fresh Fruit, Whole Grain Pancake, Chicken Sausage, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Flatbread Pepperoni Pizza, Flatbread Cheese Pizza, Veggie Burgers ♥▼. Whole Grain Bun, Marinated Tomatoes, Herb Roasted Carrots, Fresh Pears
4 Breakfast: Red Delicious Apple or Fresh Fruit, Ham & Cheese on Whole Grain Croissant, Trix Breakfast Bar, String Cheese, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Swedish Meatballs, Vegetarian Meatballs. Brown Rice Pilaf ♥, Macaroni & Cheese, Jicama & Celery Stick w/Ranch Dressing, Spiced Black Beans, Fresh Fruit or Grapes. Snack: WG Popcorn, Peach Cup	**5** Breakfast: Orange Juice Cup or Fresh Fruit, Whole Grain Cereal, Peach Smoothie, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Teriyaki Chicken, Teriyaki Tofu, Veggie Grilled Chicken Strips ♥▼. Whole Grain Noodles, Fried Brown Rice, Fresh Steamed Broccoli, Orange Slices or Fresh Fruit. Snack: Sunchips, Fruit Juice	**6** Breakfast: Fresh Fruit or Banana, Whole Grain Honey Biscuit, Banana Bread, Hard Boiled Egg, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Cool Asparagus & Pea Salad. Ham & Cheese Sub, Lentil Salad ▼. Whole Grain Sub Roll ♥, Quinoa, Italian Baked Tomato Halves, Apple Slices or Fresh Fruit. Snack: Yogurt, Graham Crackers	**7** Breakfast: Banana or Fresh Fruit, Whole Grain Pop Tart, Blueberry Muffin, String Cheese, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Lentil Salad. Lemon Baked Tilapia, Cheese Ravioli in Marinara Sauce ♥▼. Brown Rice Pilaf, Roasted Green Beans, Roasted Baby Carrots w/Ranch Dressing, Fresh Berries or Fresh Fruit. Snack: Sliced Apples, Whole Grain Goldfish	**8** Breakfast: Fresh Fruit or Fruit Salad, Whole Grain English Muffin w/Egg, Cheese & Turkey Bacon, Egg, Cheese & Turkey Bacon, Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk. **Lunch:** Chicken Caesar Wrap, Hummus & Toasted Veggie Wrap ▼. Whole Grain Tortilla, Cucumber & Bell Pepper Crudite, Roasted Potato Wedges, Apple Slices

FEBRUARY 12 - MARCH 8

Astronaut Mae Jemison became the first African-American woman to enter space when she served on the crew of the Space Shuttle Endeavor in September 1992.

In 1770, Crispus Attucks became the first casualty of the American Revolution when he was shot and killed in what became known as the Boston Massacre.

Pulitzer Prize-winning author Alex Haley is best known for Roots (1976), his ancestral saga encompassing the entire African-American experience, and The Autobiography of Malcolm X (1965).

Satchel Paige pitched for six seasons in the majors and was the first star of the Negro leagues to be inducted (1971) into the Baseball Hall of Fame.

FEBRUARY IS:

BLACK HISTORY MONTH

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

VEGETARIAN OPTION ▼
LOW FAT OPTION ❤
HEALTHIER OPTION ▢

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE.

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

SEED SCHOOL OF WASHINGTON DC DINNER MENU

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.

The SEED Foundation Scholarship

SEED
ACHIEVING COLLEGE
SUCCESS TOGETHER

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

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
U N I V E R S I T Y

Summer Institute 2024

MARYMOUNT UNIVERSITY

Summer Institutes

JULY 7, 2024
JULY 20, 2024

Learn
with purpose

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

Maker-neering – Engineering with Maker Tools

Introduction to Media Communication

Live and learn in community

Experience a college-level course

Earn college credit that can transfer with you.

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 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 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.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	• 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	• 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	• Belts must be worn with pants, shorts or skirts with belt loops. • Belt buckles must be plain and appropriate.
Head Gear	• 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	• 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 polo's underneath ALL outerwear. • Scholars are not allowed to wear hooded sweatshirts
Shoes	• 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	• 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.

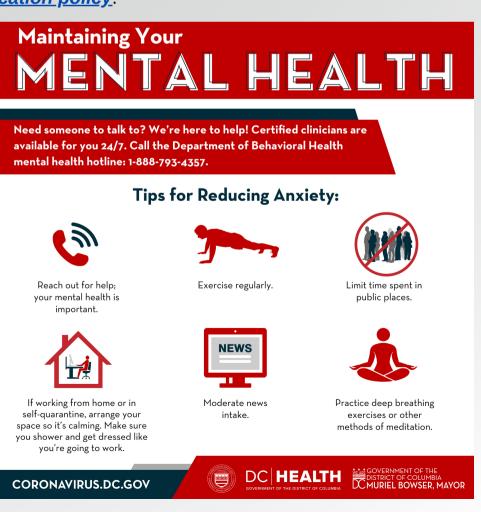# WELLNESS SUITE MEDICATION REQUIREMENTS

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..

1

WHERE DO I START?
Visit https://seedschool.powerschool.com/public/
- 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