

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

THE WEEKLY FALCON

for the week of 5/5/2024



NEWS FROM THE NEST...

Finishing Strong...

To Our Falcon Family,

As the weather continues to shift, we are witnessing our scholars' desire for additional time outside and the renewed energy spring brings. With that in mind, it is imperative we first focus on a safe, risk-free environment for all community members. This past week, we experienced several scholars making choices that did not honor our universal commitment to safety first. Various incidents with water and ice have compromised the safe, productive environment we expect to offer each student and staff member every day. With this in mind, please understand if any incidents occur that distract from our comprehensive educational setting, there will be consequences for all involved. We will not tolerate behaviors that create unsafe situations in the classroom, the dormitory, or anywhere across our campus. Please discuss this with your scholar so we might begin the new week with all well informed and focused on the important tasks ahead.

We will continue with DC CAPE this week, and know this is an important and valuable experience for our scholars. With this new District assessment, we are working to ensure students are prepared to give their best and are provided with the setting to do so. Simultaneously, we have and will provide an altered schedule in order to give some time to relax and reboot. This is important and we believe in the best interest of our scholars. When the results arrive later this summer, we will host several sessions for parents/guardians/caregivers to join us in an explanation of the outcomes. It is imperative that we provide you with information about your scholars so we can partner to move towards their highest level of growth and future success.

As we move forward towards the conclusion of the school year, we want to ensure that each scholar finishes their courses with the best possible outcomes. With that in mind, please check your student's PowerSchool account. Both our Academics and Student Life teams are willing to assist as necessary. If you have concerns in this arena, please do not hesitate to contact us.

To our senior families, we are in the final weeks of this important chapter. It is critical that each scholar has the mandatory academic credits, as determined in our SEED DC handbook under graduation requirements: at least 50 verifiable hours of community service, all online courses completed prior to May 23, 2024, and their attendance is rectified. Monday I will be meeting with our seniors that have any issues, and we will be notifying the parents/guardians/caregivers about the next steps and expectations. The completion of this comprehensive list is our highest priority. For scholars who are deficient in any area, they may be prohibited from participating in the trips and activities planned for Senior Week and beyond. Let's work towards 100% of our seniors eligible for celebrating this momentous occasion!

With sincere appreciation,
Ms. Hood

UPCOMING SCHOOL EVENTS

- **5/12: Mother's Day (No Sunday Check-in)**
- **5/13: Monday Morning Check-in, 6-7:30 a.m.**
- **5/14-17: Senior Week**
 - **5/16: Junior/Senior Pinning Ceremony**
 - **5/17: Senior Trunk Party & College Decision Day**
 - **5/19: Senior Brunch**
- **5/22: Senior Move-out Day**
- **5/23: Senior Prom**
- **5/25: No Sunday Check-in**
- **5/26: Memorial Day (School closed for students & staff)**
- **5/27: Tuesday Morning Check-in, 6-7:30 a.m.**

DC CAPE, APRIL 30-MAY 14

Dear Parent or Guardian:

As your child grows, we want to determine how children in our school are learning core academic skills. We are writing to inform you that SEED DC will administer the DC CAPE and DC Science test this spring. These assessments allow us to know where students are in their academic journey, how we can best respond to their needs and how our city can make the right investments for student success. We want to take a few moments to explain what these assessments are and why your student is taking them.

We are fortunate to have peer-reviewed, tried-and-true assessments that have been successfully administered every year since 2015 other than the two-year break when students were not physically in schools. These assessments are developed and improved upon every year by our state education agency, the Office of the State Superintendent of Education (OSSE), in partnership with content experts and outstanding local educators. They test student understanding of key academic skills for each grade level that they are learning every day, so your student does not need to study or do any special preparation. Of course, these assessments are one measure of student learning at one point in time. They do not tell your child's whole story; they help us support them. The detailed results will help us understand your child's strengths and needs so that we can better support them through instruction and enrichment.

In the District of Columbia, the DC CAPE Mathematics and English Language Arts/Literacy (ELA) assessments are required for students in grades 3-8, and for high school students when they are enrolled in courses aligned with the PARCC ELA I and II, and PARCC Algebra I, II, and Geometry assessments depending on the student's and school's curriculum. As a city, we need to have a high participation rate to ensure we receive much-needed federal funding for our schools. [Additionally, the District of Columbia requires the DC Science for high school students when they are enrolled in courses aligned with Biology.]

At our school, students in grades 9,10, and 11 will take the DC CAPE assessments on chromebooks. Please rest assured that students with identified learning needs will be provided necessary test accommodations per their individual plans (IEP, 504 plan, and/or EL plan).

At SEED DC, the DC CAPE assessments will be administered APRIL 30 - MAY 14 in the following content areas:

- ENGLISH I
- ENGLISH II
- ALGEBRA I
- GEOMETRY
- ALGEBRA II

We are excited that DC students are participating in these high-quality, next generation assessments that will help all of us better understand what our students know and are able to do. You can find a suite of helpful resources, including sample score reports, at <https://osse.dc.gov/dccape> to help you better understand and prepare for the assessments. We ask for your assistance in encouraging your child to do his or her best, and in making sure your child is present and on time during the testing windows for both assessment and instruction.

If you have any questions regarding these assessments, please contact me, and I will be happy to speak with you. Thank you for your continued support and cooperation.

Sincerely,

Jorden Jones

Senior Director of Academics

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.

STUDENT LIFE UPDATES

Check-in and Checkout Procedures

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

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

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

“Carryout Night” Suspended

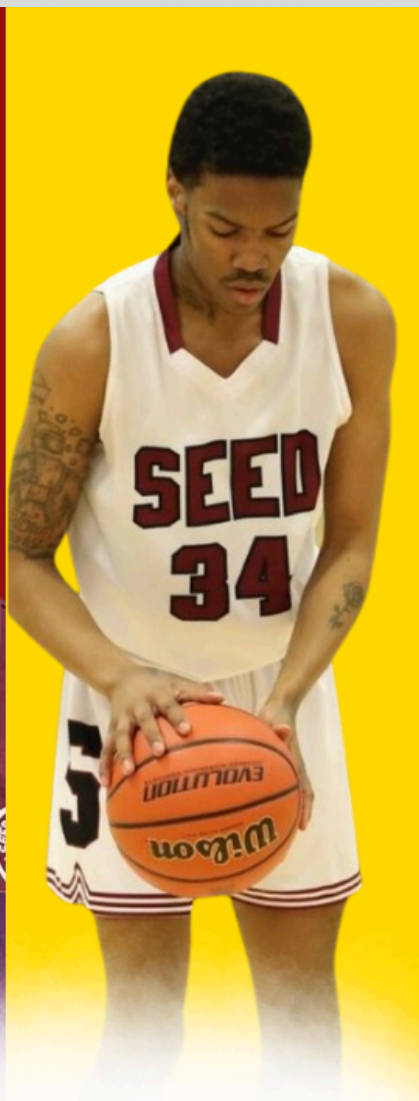
- Due to the repeated student behaviors that necessitates an increase in supervision and compromises our school safety measures, the weekly “carryout night” incentive is suspended until further notice, effective immediately. Students are not permitted to order outside food or other items. Parents and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

Uniform and Cell Phone Expectations

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

Sign-in and Sign out Procedures

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



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!

Monthly Attendance Incentives

<p>FEBRUARY</p> <p>Flowers</p> 	<p>MARCH</p> <p>Fidget Toy</p> 
<p>APRIL</p> <p>Movie Day</p> 	<p>MAY</p> <p>Cold Treat</p> 
<p>JUNE</p> <p>Snack Pack</p> 	

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.

BREAKFAST & LUNCH MENU

April Showers Bring May Flowers!



MAY


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.

<p>6</p> <p>Breakfast Applesauce or Fresh Fruit Whole Grain Egg & Cheese Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chopped Salad Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Flatbread Pizza </p> <p>Whole Grain Flatbread 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>7</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel Whole Grain Cereal, Strawberry Gogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Lemon Greek Chicken Veggie Hummus </p> <p>Brown Rice Tabouli Stir Fried Veggies Fresh Fruit or Fresh Fruit Salad 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzel Fish Fruit Cup</p>	<p>8</p> <p>Breakfast Fresh Fruit or Orange Juice Cup Warm Maple French Toast Trio Bar Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Buffalo Chicken Bites Buffalo Tofu Bites </p> <p>French Fries 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>9</p> <p>Breakfast Fresh Berries or Fresh Fruit Yogurt Parfait, Whole Grain Pop Tart String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chicken & Roasted Pepper Quesadilla Cheese Quesadilla </p> <p>Whole Grain Tortilla Roasted Carrots Black Bean & Corn Salad Grapes or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Yogurt</p>	<p>10</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Chicken Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Southwest Philly Cheesesteak Southwest Veggie Cheesesteak </p> <p>Whole Grain Sub Roll Cranberry Broccoli Salad Roasted Potato Wedges Cut Melon or Fresh Fruit 1% Milk or Fat Free Milk</p>
<p>13</p> <p>Breakfast Clamartine or Fresh Fruit Whole Grain Mini Pancakes Nutrigrain Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Cantaloupe & Mint Salad BBQ Chicken BBQ Vegan Chicken </p> <p>Barley & Wild Rice Pilaf Baby Peas w/ Lemon Fresh Baby Carrots w/ Ranch Dressing Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Nutrigrain Cereal Bar, Mandarin Oranges</p>	<p>14</p> <p>Breakfast Apple Juice or Fresh Fruit Whole Grain Blueberry Muffin Strawberry Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch BBQ Pork or Diced Chicken Vegetable Broth Diced Tofu </p> <p>Whole Grain Spaghetti Noodles Marinated Edamame Chili & Garlic Bok Choy Apple Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzels Apple Juice</p>	<p>15</p> <p>Breakfast Fresh Fruit Whole Grain Toast, Whole Grain Bagel Scrambled Eggs Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef or Turkey Hot Dog Grilled Cheese  Tomato Soup</p> <p>Whole Grain Bun Marinated Cucumbers Fresh Watermelon or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Fruit Cup</p>	<p>16</p> <p>Breakfast Banana or Fresh Fruit Apple Cinnamon Overnight Oats Pop Tart, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Blackeyed Pea Salad Chicken Salad Sandwich on Croissant Black Bean Hummus </p> <p>Rita 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>17</p> <p>Breakfast Fresh Pear or Fresh Fruit Bacon, Egg & Cheese Croissant Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Brazilian Beef Pico de Gallo, Shredded Cheese & Lettuce Spiced Black Beans Entree</p> <p>Whole Grain Brown Rice Baked Plantains Chili Roasted Carrots Cilantro Lime Joiana Slaw Orange Sections or Fresh Fruit 1% Milk or Fat Free Milk</p>
<p>20</p> <p>Breakfast Fresh Fruit or Citrus Fruit Salad Blueberry Waffle Whole Grain Croissant, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Classic Potato Salad 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</p> <p>Snack: Yogurt Whole Grain Pretzels</p>	<p>21</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel, Gogurt Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef Chili or White Chicken Chili  Black Bean & Sweet Potato Chili </p> <p>Whole Grain Tortilla Chips Baked Potato Sweet Skillet Corn Combread Cut Melon or Fresh Fruit</p> <p>Snack: Nutrigrain Cereal Bar Cheese Stick</p>	<p>22</p> <p>Breakfast Fresh Grapes or Fresh Fruit Southwestern Breakfast Burrito Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Fresh Fruit Salad Chicken Curry Chicopea Mansaf </p> <p>Brown Rice Rita Bread Triangles Honey Glazed Carrots Sautéed Spinach Banana</p> <p>Snack: Peach Cup Teddy Grahams</p>	<p>23</p> <p>Breakfast Grapefruit Sections or Fresh Fruit Whole Grain Pop Tart Yogurt Parfait, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Whole Grain Pasta Salad Chicken Tenders Vegetarian Chicken Nuggets</p> <p>Whole Grain Biscuit Cucumber Slices w/ Ranch Dressing Sweet Potato Fries Applesauce or Fresh Fruit</p> <p>Snack: Cheezits Apple Juice</p>	<p>24</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pancake Chicken Sausage Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Burgers </p> <p>Whole Grain Bun Marinated Tomatoes Herb Roasted Carrots Fresh Peas</p>
<p>27</p> <p>MEMORIAL DAY</p>	<p>28</p> <p>Breakfast Orange Juice or Fresh Fruit Whole Grain Cereal Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Teriyaki Chicken Tenyaki Tofu Veggie Grilled Chicken Strips </p> <p>Fried Brown Rice Fresh Steamed Broccoli Orange Slices or Fresh Fruit</p> <p>Snack: Sunchips Fruit Juice</p>	<p>29</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Honey Blat Banana Bread, Hard Boiled Egg Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Cool Asparagus & Peas Salad Ham & Cheese Sub Whole Grain Sun Chips Lentil Salad </p> <p>Whole Grain Sub Roll  Quinoa Italian Baked Tomato Halves Apple Slices or Fresh Fruit</p> <p>Snack: Yogurt, Graham Crackers</p>	<p>30</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pop Tart Blueberry Muffin, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Lentil Salad 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</p> <p>Snack: Sliced Apples Whole Grain Goldfish</p>	<p>31</p> <p>Breakfast Fresh Fruit or Fruit Salad Whole Grain English Muffin w/ Egg, Cheese & Turkey Bacon Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chicken Caesar Wrap Hummus & Roasted Veggie Wrap </p> <p>Whole Grain Tortilla Cucumber & Bell Pepper Crudite Roasted Potato Wedges Apple Slices</p>

SEED School of Washington DC Breakfast & Lunch Menu

DINNER MENU

MAY

Celebrate National Salad Month!

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

Salad comes from the Latin word "herba salta" or "salted herbs," so called because such greens were usually seasoned with dressings containing lots of salt.

Lettuce is a member of the sunflower family.

The lettuce we see today actually started out as a weed around the Mediterranean basin.

Christopher Columbus introduced lettuce to the Americas.



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

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

<p>6</p> <p>Vegetable Soup Beef & Rice Soup Deviled Egg Salad Arugula, Roasted Tomato & Parmesan Salad</p> <p>BBQ Country Style Ribs Roasted Turkey Breast BBQ Spiced Tofu w/ Corn Salsa</p> <p>Macaroni & Cheese Roasted Garlic Green Beans Crunchy Cornbread Cherry Cobbler Vanilla Ice Cream</p>	<p>7</p> <p>Mensala Mushroom Soup Soup du Jour Cool as a Cucumber Salad Chopped Greek Green Salad</p> <p>Southwestern Turkey Burger Rottisserie Style Roasted Chicken Southwest Veggie Burger</p> <p>Cutty Frites Peas & Pearl Onions Fried Onions Chocolate Raspberry Bar</p>	<p>8</p> <p>Potato Cheddar Soup Soup du Jour Brussels Sprouts Salad w/ Cranberries Mixed Lettuce Salad & Herb Vinaigrette</p> <p>Thai Beef & Peppers Cilantro Chicken w/ Spicy Thai Noodles Vegan Thai Curried Noodles w/ Broccoli & Tofu</p> <p>Steamed Basmati Rice Crispy Thai Brussels Sprouts Warm Naan Bread Snickerdoodle</p>	<p>9</p> <p>Steak & Potato Soup Curried Chicken Salad Classic Caesar Salad</p> <p>Fish & Chips Apple Cider Chicken Battered Fishless Fish</p> <p>Steak Fries Southern Style Collard Greens Hushpuppies Coleslaw Chocolate Mousse</p>	<p>10</p> <p>No Dining Service</p>
<p>13</p> <p>Chicken Parmesan Soup Great Green Salad</p> <p>Chesseburger Pie Chicken Pot Pie Roasted Vegetable Pot Pie</p> <p>Chive Mashed Potatoes Honey Ginger Carrots Farmer's Market Vegetable Warm Chunky Applesauce Frozen Yogurt</p>	<p>14</p> <p>Cream of Broccoli Soup Cheesy Lasagna Soup Kale, Feta & Apple Salad w/ Pumpkin Seeds</p> <p>General Tso's Chicken Egg Roll Bowl General Tso's Tofu</p> <p>Steamed Basmati Rice Stir Fried Vegetables Warm Naan Bread Frozen Yogurt</p>	<p>15</p> <p>Coconut Curry Cauliflower Soup Andouille Potato Soup Cucumber, Mango & Radish Salad Greens w/ Avocado & Sunflower Seeds</p> <p>Catfish Po'Boy Turkey Chili Fishless Po'Boy</p> <p>Tater Tots Chili Garlic Roasted Broccoli Crunchy Corn Biscuit Fritos Key Lime Pie Whipped Topping</p>	<p>16</p> <p>Tomato Tortellini Soup Beef Noodle Soup Ranch Potato Salad Crunchy Spinach Salad</p> <p>Butter Chicken Butter Tofu</p> <p>Jasmine Rice Garlic Sautéed Spinach Farmer's Market Vegetable Warm Pita Bread Spicy Braised Green Beans Vanilla Ice Cream</p>	<p>17</p> <p>No Dining Service</p>
<p>20</p> <p>Mushroom & Brie Soup Soup du Jour Fresh Herb Egg Salad BLT Wedge Salad</p> <p>Grilled Pork Chop Maple Glazed Turkey Breast Grilled Portobello Mushrooms</p> <p>Garlic & Parmesan Mashed Potatoes Fresh Green Beans & Sautéed Peppers Warm Parker House Roll Cornbread Dressing Peach Crumb Bars Frozen Yogurt</p>	<p>21</p> <p>Soup du Jour Steak & Potato Soup Turkey Salad w/ Cranberries Colorful Kale Salad</p> <p>Fried Chicken Herb Baked Chicken Pieces Spicy Korean Fried Cauliflower "Wings"</p> <p>Macaroni & Cheese Farmer's Market Vegetable Buttermilk Sauté Frozen Yogurt</p>	<p>22</p> <p>Soup du Jour Curried Chicken Soup Brown Rice & Cranberry Salad Mixed Lettuce Salad & Herb Vinaigrette</p> <p>Slow Cooked BBQ Brisket Roasted Cod w/ Tomato Ginger Sauce Mustard Crusted Tofu w/ Kale & Sweet Potatoes</p> <p>Twice Baked Potato Creamed Spinach Cabbage Roll Onion Rings Ice Cream Sundae Bar</p>	<p>23</p> <p>Soup du Jour Chili Cheese Chowder Cobb Salad</p> <p>Fisherman's Platter Sweet & Sticky Chicken Leg Battered Fishless Fillet</p> <p>French Fries Sautéed Spaghetti Squash Buttermilk Biscuit Coleslaw Cheesecake Strawberry Topping Frozen Yogurt</p>	<p>24</p> <p>No Dining Service</p>
<p>27</p>  <p>MEMORIAL DAY Thank You to the Fallen Soldiers</p>	<p>28</p> <p>Roasted Red Pepper Soup Sausage & Cabbage Soup Egg & Bacon Salad Romaine Salad w/ Dried Cranberries & Feta</p> <p>Chipotle Meatballs Hummus Bar Vegan Sweet & Sour Meatballs</p> <p>Chili Cheese Tots Grilled Vegetables House Cooked Tortilla Chips Raspberry White Chocolate Bread Pudding</p>	<p>29</p> <p>Soup du Jour Tarragon Chicken Salad Winter Vintner's Salad</p> <p>Chicken Fingers Turkey Bacon & Spinach Quiche Chick'n Fingers</p> <p>Hash Browns Roasted Acorn Squash House Sautéed Blueberry Muffin Cinnamon Apples Frozen Yogurt</p>	<p>30</p> <p>Cream of Broccoli Soup Crunchy Spinach Salad</p> <p>Bacon Cheeseburger Grilled Cheddar Turkey Burger Grilled Veggie Burger</p> <p>Steak Fries Tomatoes Baked with Cheese Farmer's Market Vegetable Zebra Brownie</p>	<p>31</p> <p>No Dining Service</p>

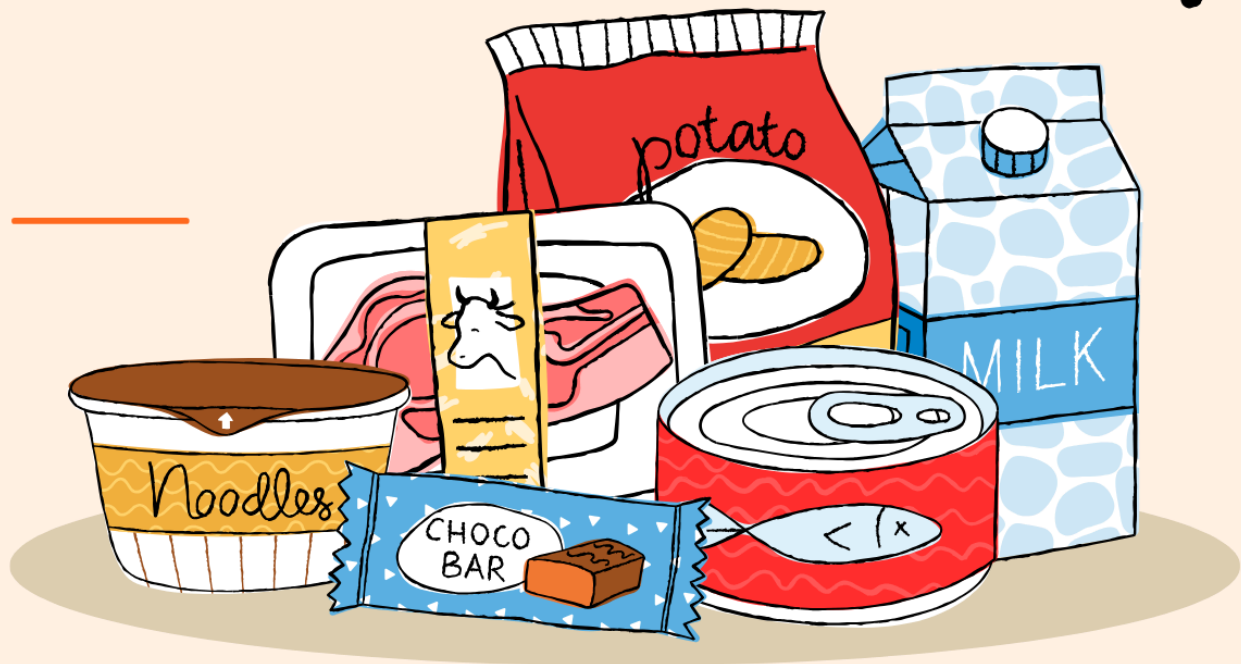
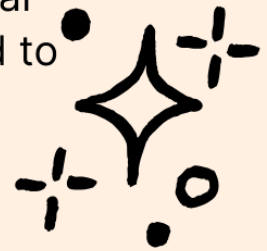


SEED School of Washington DC Dinner Menu

FOOD ASSISTANCE



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



NEED HELP? GET HELP!

For more information on where to find food :

202-644-9807

hungerlife@capitalareafoodbank.org

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

CLASS OF 2024 EVENTS



SENIOR FAREWELL SAVE THE DATES

JUNIOR-SENIOR PINNING CEROMONY

THURSDAY MAY 16, 2024

DECISION DAY

FRIDAY MAY 17, 2024

SENIOR BRUNCH

SUNDAY MAY 19, 2024

All seniors are encouraged to board their last week of school.



2024 DECISION DAY

MAY 17, 2024

12:15PM - 2:15PM

SEED GYMNASIUM



Senior Farewell Color Block Brunch



Get dressed in your best colors and
enjoy Brunch!

-BREAKFAST & LUNCH OPTIONS

-GREAT MUSIC & FUN!

Sunday, May 19, 2024 | 1pm - 4pm

RSVP BY MAY 13, 2024

Email: Ms. Tull | atull@dc.seedschool.org



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



MARYMOUNT
UNIVERSITY



Summer Institute 2024



July 7 – July 20th

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

**Introduction to
Criminal Justice**

Live and learn in
community

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

Experience a college-
level course

**Introduction to Media
Communication**

Earn college credit that
can transfer with you.



www.marymountlearnwithpurpose.com

APPLY NOW



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)

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.

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.

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

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

Purchasing Uniforms

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

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

STUDENT LIFE DEPARTMENT UPDATES & REMINDERS

- Parents are not permitted on campus during check-in.
- Students are only permitted to check-in with **ONE** duffle bag/suitcase, **ONE** backpack, and **ONE** grocery bag for snacks. Additional bags or items are not permitted.
- Students' snacks should be turned in to their Youth Development Educator (YDE) to be stored in the pantry, not in their dorm room.
- Students are not permitted to visit each others' dorm rooms.
- Students are not permitted to access the dormitory during the academic day for any reason.
- Students are not permitted to order outside food while on campus (with the exception of pre-approved special occasions and events).
- Parents and families are also not permitted to bring outside food to students.
- Students are not permitted to leave campus without permission or for non-emergencies for any reason.
- All students and guests are required to undergo bag and security checks.
- No weapons permitted, this includes the following: self-defense objects, knives, tasers, pepper spray, mace, ice breakers, rattail combs w/metal tips, etc.
- No Drugs Permitted (including OTC meds): Prescription medication must be turned in to the school nurse upon entry & must be accompanied by Medication Authorization Form signed by a doctor.
- **Item Drop-offs:** If you have items that you need to drop off to your scholar, please do so before 9 p.m. Security will contact the appropriate adult to pick it up for them or have your student to pick it up.





STAYING HEALTHY & SAFE

Dear SEED Community,

The SEED School continues to anchor our health and safety measures to current guidance from the Centers for Disease Control (CDC), DC Health, and the Office of the State Superintendent of Education (OSSE). SEED policies will continue to be reviewed or adjusted for School Year 2023-2024 to address shifts in public health guidance.

Currently, there is a nationwide increase in COVID cases, and it is important to continue to minimize the spread within the SEED community.

Please note the following:

Masking is currently optional at SEED DC.

*

COVID-19 vaccination is not required but continues to be encouraged.

*

Scholars/Staff should stay home when sick.

*

SEED will continue to test scholars/staff that present symptoms while on campus.

WELLNESS SUITE MEDICATION REQUIREMENTS

Please be reminded that that only parents/guardians/caregivers or authorized adults can bring medication to the Wellness Suite. Medication will not be accepted from students and students are not allowed to carry medication on their person, with the exception of an asthma inhaler.

In order for the school to administer prescription medication, a [medical authorization form](#) must be filled out by the doctor. Parents must also sign the form before school medical personnel can administer medication. Only creams, antibiotics, or medical equipment will be sent home on Fridays during checkout and that no student will be allowed to take medication home. Be sure to request for your pharmacist to divide the medication in two (2) bottles, one to keep at home and one to be left at school. Also we have over the counter medications here and all parents should fill out the form if their student needs to take any over the counter medications. All of the medical forms mentioned here can be found on the [health & wellness suite page](#) of the school website.

Click here to review the full [medication policy](#).

Thank you,

The Wellness Team:

Nrs. Colbert & Ms. Faison


202-248-3008 (phone)

202-318-8625 (fax)

Maintaining Your MENTAL HEALTH

Need someone to talk to? We're here to help! Certified clinicians are available for you 24/7. Call the Department of Behavioral Health mental health hotline: 1-888-793-4357.

Tips for Reducing Anxiety:

-  Reach out for help; your mental health is important.
-  Exercise regularly.
-  Limit time spent in public places.
-  If working from home or in self-quarantine, arrange your space so it's calming. Make sure you shower and get dressed like you're going to work.
-  Moderate news intake.
-  Practice deep breathing exercises or other methods of meditation.

CORONAVIRUS.DC.GOV

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

PowerSchool Portal for Parents & Families

The SEED School of Washington, D.C. is proud to offer a tool that parents and family members may use to stay connected to their scholar and their school.

The PowerSchool Parent & Family Portal gives you real-time access to valuable information such as grades, assignment details, & messages from teachers.

Through the portal, view your scholar's:



ACADEMIC HISTORY



TEST RESULTS



ATTENDANCE



& MORE!



You can log in any time from any computer, tablet, or mobile phone.

GET ALERTS VIA:



TEXT



PHONE



EMAIL

Receive alerts about attendance, school events, & weather-related closures.

Turn over for more info on how to set up your Parent Portal,

Parent & Family Portal: Getting Started

How do I sign up for the Parent & Family Portal & set up my account? You must have a personal email address to sign up for a Parent & Family Portal account.

You can register for a free email account using Gmail, Outlook, Yahoo, or a similar service..

WHERE DO I START?

Visit <https://seedschool.powerschool.com/public/>

1

- Click "Create an account"
- Enter your first & last name and email address
- Create a password - at least 6 characters
- Re-enter password
- Enter student's name (If you have multiple student's @ SEED, each will have their own access ID & password)

2

HAVE YOUR CONFIDENTIAL ID READY

- Enter Confidential ID (provided by school)
- Enter Access Password (provided by school)
- Select appropriate relationship to student

Once completed, you will be taken to the login page of the Parent & Family Portal

3

DOWNLOAD THE MOBILE APP

- App Store or Play Store
- Enter district code: **FQGN**
- Click Continue
- Enter Confidential ID
- Enter Password
- You're all set to go!

Still need help?

Contact the registrar:

ctyson@seedschooldc.org