



Weekly Parent Reminders

October 24, 2025



Important Dates

October 27-31 – Fall Spirit Week
October 31 – Family Friday (8:45-9:00 am)
October 31 – Coffee with the Principal (9:00-9:30 am)
October – National Bully Prevention Awareness Month
November 3 – Records Day/PD Day (No school for students)
November 4 – Monthly Family Workshop (3:40 pm)
November 10 – PTO Movie Night (4 pm, Gym)
November 11 – Veterans Day (School closed)

October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month—a time to honor survivors, remember those we've lost, and raise awareness about the importance of early detection and support. To show our solidarity, we will be celebrating **Pink Day on Monday!** We invite all students and staff to **wear pink** to school to help spread awareness and show our support for those affected by breast cancer. Let's come together as a community to stand for hope, strength, and awareness.

Fall Spirit Week

We will celebrate Fall and all the fun we can have!
Monday – PINKout Day! – wear pink for Breast Cancer Awareness
Tuesday – Country Western Day – wear western/cowboy attire
Wednesday – Flannel Day – show your love of fall coziness and wear anything flannel
Thursday – HD Cooke Day – wear Cooke shirt or the navy blue and white colors
Friday – Book Character Day – what is your favorite book and your favorite character? You can dress like them on this day.

Costumes on Friday, October 31st can be worn to school. Please do not send students to schools with masks, weapons, high heels or slippers. All costumes must be school appropriate. Please check with your student's teacher for information on classroom celebrations for Harvest Day.

Monthly Family Workshop Series

Our next workshop will be on November 4th at 3:40 pm in the Atrium. We will discuss bullying prevention, school procedures regarding bullying and some strategies to use at home to help your student.

You can still help us completing the survey! This helps our team plan for future workshops. Click here to take the survey:
<https://forms.office.com/r/G6ZYwthsnz>

We would love to have you learn and share with us. If you have any questions, feel free to reach out to Mr. McRae (Jonathan.mcrae@k12.dc.gov).

📢 Exciting News from H.D. Cooke! 🎉

We're thrilled to announce that After School Clubs are coming soon to H.D. Cooke! Clubs will take place on Mondays and Wednesdays from 3:30 PM to 4:15 PM, right after school.

📅 Club Cycle Information

Our goal is to begin the first club cycle the week of October 27th, running through Winter Break.

Club Selection

Parents, we kindly ask that you work with your child to select and circle their top 3 preferred clubs from the list below. We will do our best to place each student in one of their chosen clubs and will send confirmation once placements are finalized.

See flyer for more information, print and return to your student's teacher or main office.

Or complete the form here: <https://forms.office.com/r/rT3UNk2XBP>

This needs to be returned to school by 10/31/2025 to be considered for a club.

October is Principal Appreciation Month!

This is the last week of Principal Appreciation Month, a national observance to recognize and celebrate the dedication, hard work, and vital role of school principals. This month we celebrate Principal Lam for his leadership in creating a positive learning environment, supporting staff and students, and ensuring student success at H.D. Cooke! Show Principal Lam some love by having your student write appreciation notes. If you would like to email him a note, please send to ryan.lam@k12.dc.gov.

Garden Assistance

We need to plant some seedlings in the ground, and we need help! Do you love to be one with nature? We are working on growing our garden and need your help to maintain it. Come help us make it beautiful and bountiful! Any questions, see Ms. Jackie in the office or talk with Ms. Courtney in PreK.

Kids Ride Free Metro/Bus Cards

If you have a card from last school year, please request a new one. The ones from last school year will expire at the end of September. The Kids Ride Free program allows students enrolled in DC Public Schools, DC Charter Schools, and DC private/parochial schools to receive a KRF SmarTrip card for free travel to and from school and school-related activities within the District of Columbia, using Metrorail, Metrobus or the DC Circulator. Please contact the main office (202-939-5390) if your student needs a Kids Ride Free card for the new school year for the bus or metro. ***Reminder that these cards are for student use ONLY!!***

Immunization Forms

If you have not turned in your health forms, please do so right away! Health physicals and oral health assessments are required annually. Students also must be current with their immunizations to attend school. As outlined below, a series of medical forms should be turned in to the school as part of the enrollment process, and any updated forms throughout the school year should be submitted to the school nurse.

The following documents are part of the [DCPS School Enrollment Package](#):

- [Universal Health Certificate](#) (required annually for all grades, documenting immunizations, tuberculosis assessment, lead screening and a physical exam). If you have questions about DC's immunization requirements, please discuss them with your child's physician. You can also contact DC Health's Immunization Division at (202) 576-7130.
- [Oral Health Assessment](#) (required annually for all grades)

Social Media

Follow us on our social media pages to get information and see what we are up to:

Facebook: facebook.com/HDCookeES

Instagram & Twitter: [@HDCookeES](#)