



Weekly Parent Reminders

October 17, 2025



Important Dates

October 22 – UNITY Day – Wear Orange to show support

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

October is National Bullying Prevention Month! ❌

Next Wednesday, October 22nd H.D. Cooke will be celebrating **Unity Day**. The key message for this month, and this **day**, is **to unite for kindness, courage, and inclusion, to prevent students from being bullied**. Students will be participating in different age-appropriate community building activities during their recess time to learn the importance of standing up for each other, being kind, and uniting against bullying. **Wear orange to show your support!!**

Monthly Family Workshop Series

Thank you for completing the student support team survey. We really appreciate your feedback about presentation and discussion topics. By your vote, our first presentation will be this Tuesday, October 21st at 3:40 pm in the school atrium (location may change). We will be covering **how to support your student academically**. We would love to have you learn and share with us. If you have any questions feel free to reach out to me, Mr. McRae (Jonathan.mcrae@k12.dc.gov)

If you did not get a chance to complete the survey during the Coffee with the Principal, it is not too late. Please take a couple of minutes to complete the survey and let us know how we can help you! Click here to take the survey:

<https://forms.office.com/r/G6ZYwthsanz>

📢 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 10/22/2025 to be considered for a club.

October is Principal Appreciation Month!

October is 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.

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