



## Weekly Parent Reminders

May 14, 2026



### Important Dates

- May – RE-ENROLLMENT CONTINUES!!
- May 17 – Girls on the Run 5K (Anacostia Park)
- May 18 – 22 – Mental Health Spirit Week
- May 18-27 – Grades 3<sup>rd</sup> – 5<sup>th</sup> Music Composition Days
- May 22 – Prek and Kinder Inner Core Family Day (2:30pm)
- May 25 – School closed in observance of Memorial Day
- May 29 – Family Friday (8:45-9:00 am)
- May 29 – Coffee with the Principal (9:00-9:30 am)

### Girls on the Run Celebratory 5K!

Each season comes to an end with a celebratory 5K. This closing event gives program participants of all abilities a tangible sense of accomplishment. Crossing the finish line instills confidence through completion and is a joyful moment program participants always remember! Everyone in our program receives a commemorative medal to celebrate this incredible achievement. Please join our girls to cheer them! Visit the main office with any questions.

- **Date:** May 17<sup>th</sup>
- **Time:** Race starts at 8am
- **Location:** Anacostia Park, 894 Howard Rd SE

If you would like be a buddy runner with our students, you can register:

<https://www.pinwheel.us/register/index/spring5kdc2026?sid=f9dea54e2d8342c1be84d9df2f6a2675>

### Mental Health Spirit Week

Mary marks the annual Mental Health Awareness Month, focusing on reducing stigma, supporting community healing, and providing resources to promote wellness. Join us next week for some ways to remember to take care of ourselves and each other.

- **Monday:** Marvelous Me – Mix match clothes
- **Tuesday:** Together Tuesday – HD Cooke attire or navy blue and white
- **Wednesday:** Wellness Day – Sports jersey or workout clothes
- **Thursday:** Thoughtful Minds – Wear green
- **Friday:** Feel Your Emotions – Wear rainbow colors

### Prek – Kinder Inner Core Family Day

Save the date for May 22 Prek and Kinder families are invited to come visit the inner core teachers and learn what students have been doing all school year. Join us at 2:30pm in the gym.

### Music Composition Day for Grades 3<sup>rd</sup> – 5<sup>th</sup>

Save the date to join us in your child's music class to hear their original compositions for piano. All classes take place in the library. Please see flyer for information on dates and times for your student's class.

### 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](https://facebook.com/HDCookeES)

Instagram & Twitter: [@HDCookeES](#)