Cougar Connection

October 30, 2026



Principals Message

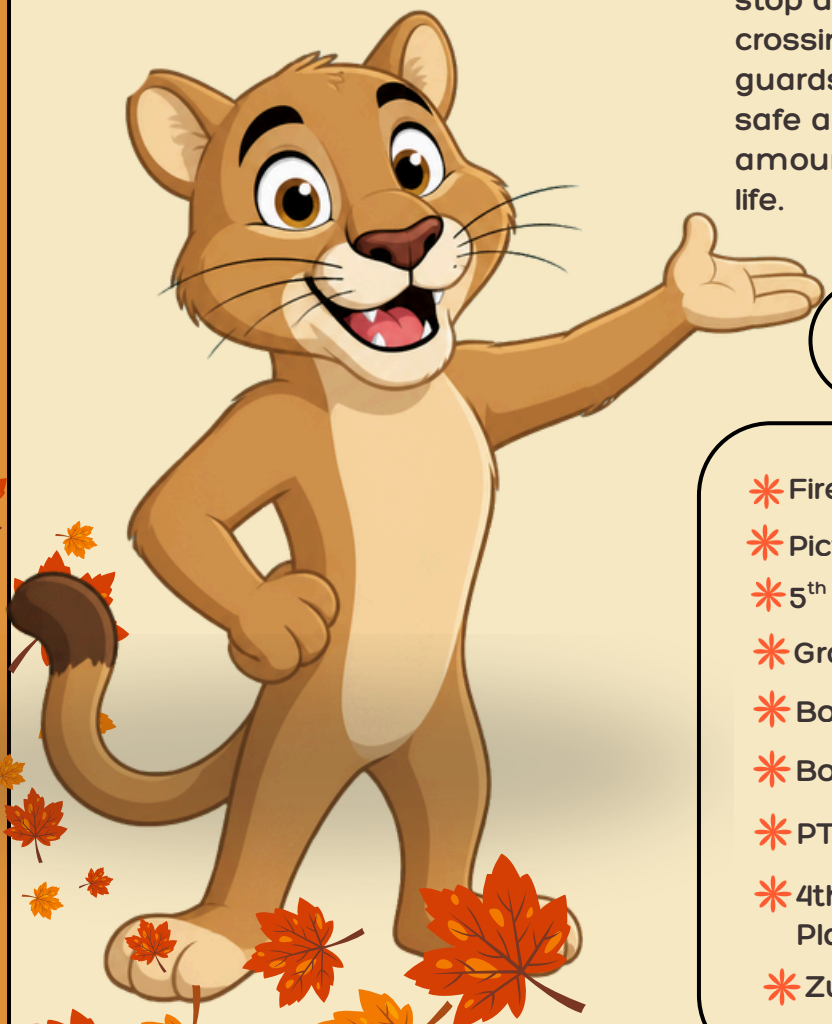
Dear Families,

A huge thank-you to our PTA for organizing Ribbon Week! Students had many opportunities throughout the week to learn about staying safe in different areas of their lives.

With safety in mind, our crossing guards have shared concerns about drivers speeding and failing to stop at stop signs, including those held by the guards. They have noticed this as community members hurry to get to school.

Please slow down, come to a complete stop at all stop signs, and follow the crossing guards' directions. Our crossing guards help keep students and families safe and deserve our care and respect. No amount of time saved is worth risking a life.

Happy Halloween!



UPCOMING EVENTS

Fire Drill	Nov 4
Picture Retake	Nov 4
5th Grade IMAX Fieldtrip	Nov 5
Grand Breakfast 8-9	Nov 4 & 5
Book Fair 8-9 am & 3:30-4:30	Nov 5
Book Fair 8-9 am & 1:30-2:30	Nov 6
PTA Board Meeting 9:15	Nov 6
4th Grade Fieldtrip Planetarium	Nov 12
Zupas Spirit Day	Nov 24

Happenings at Cook Elementary



MRS. WARNOCKS CLASS
PAINTING EGYPTIAN MASKS



Miss Hellewell's Class
Earned the Golden Tray Award for great lunchroom behavior!



MRS. EVAN'S
CLASS PARTY



MRS. MEADOW'S STUDENTS
ENJOYING THEIR CLASS PARTY



WITH OUR LEADERS,
OUR FUTURE IS BRIGHT



PTA HALLOWEEN WALK



THANKS TO OUR PTA FOR A FUN
HALLOWEEN SAFETY ACTIVITY





Mark your Calendar

CAFÉ

ZUPAS fundraiser

Order online/app and use the fundraiser toggle button or in person just mention Cook Elementary!

Spirit Night

November 24

4 to 9 pm

Syracuse Location



RUSH to School!



Congratulations to 4th grader Joy Rembao who won $50 to RUSH! She had perfect attendance all of first term! She was here on time EVERY day and was never checked out! Way to go JOY!!



Thank you to Coleman Orthodontics



Respectful ~ On Task ~ Achieving ~ Responsible~ Safe

October 30, 2026
Roars Award Winners



Each week our teachers select an outstanding student who was an example of one of our ROARS. Every other week those students are randomly selected to come spin the prize wheel with the principals. Such a fun day for the students!

Cook Elementary PTA invites you to our

BOOK FAIR

Read Discover Explore

- Great books to explore
- Find new favorites
- Fun for all ages
- Celebrate reading & learning!

November 5
8:00 - 9:00 AM
3:30-4:30 PM

November 6
8:00 - 9:00 AM
1:30-2:30 PM

In the Library





Discover exciting new stories, inspiring books, and unforgettable adventures at our Book Fair!

Teacher Wishlist books will be available for you to purchase a book for your teacher/classroom

PTA Meeting

NOV. 6TH

AT 9:15

ROOM 12



ALL ARE WELCOME!

ParentGuidance.org

MENTAL HEALTH SERIES

NOVEMBER 2026

Explore this month's virtual, live events covering today's most important parenting topics. Join as many as you'd like!

START TIMES: 5:00pm and 7:00pm MT

Mon. 2: Depression - You're Not Alone

Tue. 3: Your Active Child: ADHD

Wed. 4: NEW Facing the Opioid Crisis Together

Thurs. 5: Grief - The Healing Process After Loss

Mon. 9: Tools to Support Your Child's Mental Health

Tue. 10: Parenting Through Anxiety and Depression

Wed. 11: Watch Together Series @ 6pm

Thurs. 12: What Parents Need to Know about Suicide Prevention

Mon. 16: Building Your Child's Confidence

Tue. 17: NEW - Milestones to Progress: Supporting Early Childhood

Tue. 17: Ask a Therapist Live @ 6pm

Wed. 18: Why Our Children Self-Harm & How Parents Can Help

Thurs. 19: How to Motivate Your Child

Mon. 23: Navigating Divorce When Children are Involved

Tue. 24: Children & Technology Addiction

Mon. 30: Emotional Regulation - Strategies to Replace Negative Emotions

Register for events and explore on-demand videos, quick facts, practical tips, and articles at ParentGuidance.org/MHS-Catalog/

ParentGuidance.org

SERIE DE SALUD MENTAL

NOVIEMBRE 2026

Explore las sesiones virtuales de este mes que cubren los temas de crianza más importantes de la actualidad. ¡Participe en todas las sesiones que desee!

HORAS DE INICIO: 5:00pm y 7:00pm MT

Mon. 2: Comprender la adicción a los videojuegos

Wed. 4: Herramientas para apoyar en la salud mental de su hijo

Tue. 10: Lo que los padres deben saber sobre la prevención del suicidio

Wed. 18: NUEVO - La ansiedad de su hijo

Mon. 30: NUEVO - Reducción de los ciclos de conflicto

Regístrese para eventos y explore videos a pedido, datos breves, consejos prácticos y artículos en ParentGuidance.org/es/MHS-Catalog/

Ask A THERAPIST Live

How to Support your Kids' Mental Health

Nov. 17
8 pm Eastern
7 pm Central
6 pm Mountain
5 pm Pacific

Scan or Visit cookcenter.info/ATLNov17

Don't miss the opportunity to ask questions from a licensed family therapist about your child's mental health.

Ask a therapist questions about youth mental health or parenting

Participation is anonymous

Register for the **live event** to get access to the replay

Answers from Dr. Kevin Skinner

Clinical Director and Co-Founder of Noble Health and ParentGuidance.org, Dr. Skinner is the author of several books on family relationships.



Parent Guidance.org

Information Links

- School Events Calendar
- Cafeteria Menu Breakfast and Lunch
- Davis School District's Statement on Discrimination and Harassment
- Report Harassment or Discrimination
- Cook Elementary School Website

School Information

Cook Elementary School
Principal: Mrs. Teri Ewell
Administrator: Mr. Cody Johnson
Office Manager: Mrs. Janet Call
Facilities Manager: Mr. Nathan Teasdale
Phone: (801) 402-2200
Location: 1175 1350 S, Syracuse, UT 84075
Facebook: facebook.com/josephcookelementary/
Instagram: https://www.instagram.com/cook.elementary/
YouTube: https://www.youtube.com/@CookElementary-Official-lc7bc/featured
Community Council:
https://cook.davis.k12.ut.us/o/cookes/page/community-council