Pelican Newsletter

April 10th, 2026

What's Happening

Welcome Back!

We are thrilled to have our students return after Spring Break! We hope you and your children enjoyed this time away.

Thank You!

A heartfelt thank you to everyone who contributed to the food drive. We received an abundance of wonderful donations that will greatly benefit the Syracuse Teen Center. Your generosity is appreciated!

Important Dates

- Rise testing will begin on April 13th and continue throughout the month. Please ensure your child gets plenty of rest, enjoys a nutritious breakfast, and attends school.
- **Grand Breakfast** Please join us April 30th and May 1st for the Grands Breakfast. April 30th - A-L, May 1st - M-Z. Book Fair will also be going on at this time. Stop by and get a book!

Yearbook Sales

Yearbooks are still available for purchase until April 17th for **$18.00**. After this date, the price will rise to **$25.00**. Don't hesitate—order yours today!

Upcoming Events

- April 20th - 23rd - PTA Fundraiser at Pizza Pie Cafe
- April 24th - NO SCHOOL - Teacher Comp. Day
- April 30th - Grand Breakfast A-L
- May 1st - Grand Breakfast M-Z
- April 30th -May 1st - Book Fair
- May 4th through 8th - Teacher/Staff Appreciation



ON FRIDAY WE WEAR PURPLE!

Every Friday in April we wear purple to honor our Miliarty and Military families.



Parent Guidance.org

April

MENTAL HEALTH SERIES

Educate. Inform. Empower.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 School Avoidance	2 Building Your Child's Confidence
6 Tools to Support Your Child's Mental Health	7 Parenting Through Anxiety & Depression	8 Emotional Regulation: Recognizing What's Wrong	9 Your Active Child: ADHD
13 ABCs of Substance Use & Vaping	14 Depression: You're Not Alone	15 Emotional Regulation: Interrupting Negative Emotions	16 Mindfulness for Improved Mental Health
20 Compassionate Parenting & Self-Compassion	21 Navigating Divorce When Children Are Involved	22 Supporting Your Child After Trauma	23 Emotional Regulation: Strategies to Replace Negative Emotions
27 Talking with Your Child About Pornography	28 Supporting Your LGBTQ+ Child	29 Recognizing Child Abuse	30 Helping Your Child Succeed: Three Parenting Styles

ASK A THERAPIST LIVE April 21 @ 6pm • Register at cookcenter.info/ATLApr21

WATCH TOGETHER SERIES April 8 @ 6pm • Register @ cookcenter.info/WTPApril

DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT
parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org

Attention!

Do you know of someone turning 5 years old by September 1st? Now is the time to have them register for Kindergarten. Click on the QR code to start the process. We can't wait to meet them!

Reminder



Yearbooks are on sale now!

They are $18.00.

Prices go up after April 17th to $25.00. Order through MyDSD