

11/1
NO SCHOOL FOR
STUDENTS

11/3
Daylight Savings Time Ends
Turn clocks BACK an hour

11/6
Maturation Day Assembly
9:00 am

11/8
NO SCHOOL

11/11
Veteran's Day Assembly
10:00 am

11/12
Parent Teacher Conferences
3:00-7:00 pm

11/13
Parent Teacher Conferences
3:00-7:00 pm

11/14
Fall Picture Retakes

11/14
PTO Meeting
10:00 am

11/15
NO SCHOOL

11/27
Early Release for Thanksgiving
First release
10:54am
Second release
11:04am

11/28
Thanksgiving

11/29
NO SCHOOL

Parent Teacher Conferences By Appointment

You are cordially invited to attend Parent Teacher Conferences. Conferences will be held after school on Tuesday, November 12th and Wednesday, November 13th from 3:00-7:00pm. This year we are using an appointment method. We are scheduling conferences for 15-minute increments. Below is the link to use to schedule your students conference at Osmond Elementary:

https://ptcfast.com/schools/Osmond_Elementary

- Classroom teachers will be available both nights, by appointment, between 3:00 and 7:00 pm.
- Title 1 and Special Education teachers will be available both evenings.
- Specials Teachers (Music, Art, Science, and P.E.) will be at Osmond on Wednesday evening.
- Osmond's Book Fair will be available in the Media Center.

Our teachers are excited to meet with the parents of their students! They realize and studies show, that everyone benefits from communication between parents and the school. Thank you for taking time out of your busy schedules to visit Osmond Elementary.

Scholastic Book Fair

Our Book Fair is OPEN ONLINE! Check us out at:

<http://bookfairs.scholastic.com/homepage/osmondelementaryschool>

~Open online until 11/20/19

~Open in school 11/11/19 – 11/14/19

~Open both nights of Parent Teacher Conferences until 7:00pm

Reasons to shop our Online Fair:

- Get your children the books THEY choose.
- Fair sales contribute to the school's library.
- Extended selection of great books.
- Books available for everyone in the family to enjoy.
- Out of stock purchases available online.
- Out of town supporters can buy books to support the kids & school.
- Books ship directly to the school after the fair closes.
- **FREE SHIPPING – WE NOW ACCEPT CREDIT CARDS!**

Osmond Honors Veterans

Osmond Elementary's annual Veteran's Day Assembly will be held on November 11, 2019 at 10am in the gym. We are always excited for this assembly which is held to honor those who have given so much in the service of our country. Fifth grade students have been calling and personally inviting upper valley Veterans to attend. If you know of an upper valley Veteran that we may have missed, please feel free to extend the invitation to them. Afterwards, please let us know so we can add them to our list. We would love to have a complete list as to not miss inviting anyone in the future.

At Osmond Elementary, we believe it is valuable for students to understand and appreciate the sacrifice that has been and is being made on our behalf. Getting to know those who have selflessly served our country is an important ingredient in gaining that appreciation and in becoming responsible citizens.

“Some people live an entire lifetime and wonder if they have ever made a difference in the world. A Veteran doesn't have that problem.”

Ronald Reagan

Fall Fundraiser

THANK YOU, thank you, thank you! We would like to extend a heartfelt thank you to all who enabled us to have a very successful fundraiser again this year. Many thanks need to be given, starting with:

1. Our SUPER salesmen who worked extra hard to make the sales and to their fantastic parents who supported them in this effort and will continue to during delivery times!
2. Thank you to an extraordinary community! You stepped up and helped our young salesmen reach their goals.
3. Thanks to all who helped out on the administrative end. From our PTO moms and staff who spent tons of hours making sure orders and monies were correct, you made this daunting task manageable.

The BEST THING IS – we have made enough money to continue funding our ski program for another year!

All students who sold at least 5 items will have their ski rentals and lift tickets paid for with the proceeds from this fundraiser.

Thank you again for your support of our ski program!

Pumpkin Patch & Halloween Crazy Day!

What a fun day at Osmond we had! We have some amazingly creative students and parents who came dressed in some really fun Halloween costumes! And our fantastic PTO sponsored yet another *spooktacular* Halloween Pumpkin Patch! Thanks to everyone who helped make this a fun day for our students!

Nurses Corner

The vision screenings are 99% complete! Letters have been sent to parents/guardians if a student did not have at least 20/30 vision in both eyes at a distance or 20/32 for near vision. I have vouchers for a free optometrist exam and glasses, if needed, for any student that has no insurance covering vision **and** the family income is at, or under, 200% of the Federal Poverty Level guidelines (<https://aspe.hhs.gov/poverty-guidelines>.) Please contact the office if you'd like a voucher.

Vision Screenings do not pick up all visual issues. It is recommended that everyone have an annual professional visual exam.

November is National Diabetes Awareness month! Do you know the signs and symptoms of diabetes? (Frequent urination, fruity smelling breath, lack of energy, unquenchable thirst) Go to <https://worlddiabetesday.org/> and take the short test to see if you are at risk of developing diabetes. How much do you know about diabetes? Check out this site <http://discoverdiabetes.idf.org/>

November 14 is World Diabetes Day. I encourage everyone to **wear blue** to help raise awareness of diabetes.

Here are some ways you can help raise awareness of diabetes and how it affects our lives. Download the **Blue Circle selfie app** on your phone or tablet

- Take a selfie or a group picture, position the blue circle around your face or anywhere on the picture and share it on social media (#WDD) with a personal message.
- Post this short quiz link to your social media page with your Blue Circle picture <https://www.idf.org/type-2-diabetes-risk-assessment/>
- Wear Blue on November 14
- Go to <https://worlddiabetesday.org> to learn more.

Remember, diabetes is a family affair. **1 in 2 people living with diabetes do not know they have it!** Uncontrolled diabetes can lead to heart disease, nerve damage, blindness and death.

Reminder To Parents

Parents – Our Lost & Found has grown quite large in the couple of months that we have been in school. When items get turned in, we try to find their owners to get them returned as quickly as possible. In an effort to help us find owners of lost items, we are asking you to please make sure that you have labeled your children's coats, lunch boxes, backpacks, sports equipment, etc.

Thank you so much for your help in this effort!

Social Skill Of The Month

Showing Respect

Step 1. Obey a request to stop a negative behavior.

Rationale:

When you obey a request to stop a negative behavior, you show that you can follow instructions. Being able to follow instructions is one form of showing respect.

Helpful hints:

- By stopping your negative behavior, you may avoid getting into trouble.
- There will always be people who have authority over you. You must do what they say.

Step 2. Refrain from teasing, threatening, or making fun of others.

Rationale:

By refraining from such behaviors, it shows you understand that teasing, threatening, and making fun can be hurtful to others.

Helpful hints:

- If you are always making fun of people or threatening them, you won't have many friends.
- People will think of you only as a tease, not as a nice person.

Step 3. Allow others to have their privacy.

Rationale:

Sometimes people need or want to be alone. You show respect by adhering to their wishes.

Helpful hints:

- Always knock before entering someone's room or a room with a closed door.
- Honor someone's desire to be left alone.

Step 4. Obtain permission before using another person's property.

Rationale:

You have certain possessions that are very important to you. You don't want people using them without permission. When you ask permission to use others' things, you show that same kind of respect.

Helpful hints:

- Always return items in the same condition as when you borrowed them.
- If you damage a borrowed item, offer to repair or replace it.

Step 5. Do not damage or vandalize public property.

Rationale:

Vandalism and damaging property are against the law. Besides getting into trouble, you show disrespect for your community and country when you vandalize public property.

Helpful hints:

- Accidents do happen, but they always should be reported.
- Offer to replace or repair property you have damaged.

Step 6. Refrain from conning or persuading others into breaking rules.

Rationale:

People will think less of you if you are always trying to take advantage of others or get them into trouble.

Helpful hints:

- If you use people, they won't trust you.
- People don't appreciate being manipulated.

Step 7. Avoid acting obnoxiously in public.

Rationale:

You make a good impression with people when you show that you know how to behave and use proper social skills in public.

Helpful hints:

- Be on your best behavior in public. That means don't do such things as curse, swear, spit, or belch.
- Be courteous to others and mind your manners.

Step 8. Dress appropriately when in public.

Rationale:

When in public, people are expected to look their best. When you live up to this expectation, you show that you are mature and understand society's rules.

Helpful hints:

- Being well-groomed and well-dressed makes a good impression.
- Use good judgement when deciding what to wear. Where you are going usually dictates what you wear.