



Osmond Elementary

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3/3/23

No School

3/6/23 – 3/9/23

Literacy Week!

3/10/23

No School

3/12/23

Daylight Saving Time Begins

3/16/23

Osmond will attend the SVHS Musical of Cinderella.

3/17/23

No School

3/27/23 – 3/31/23

Spring Break

* There will be no PTO meeting in March. We will see you in April.



JUST A LITTLE *Reminder*

Osmond's Spring Parent Teacher Conferences are being held Tuesday, February 28th & Wednesday, March 1st.

If you still need to set up an appointment with your student's teacher please visit: https://ptcfast.com/schools/Osmond_Elementary

If your student has Mr. Erickson or Mr. Wilkes, please note their conferences will be held March 14th & 15th. Appointments can still be made through the link listed above.

Osmond Elementary's Literacy Week Will Be Held

Monday, March 6th — Thursday, March 9th

Our PTO has several fun activities planned for our students:

- Over the weekend prior to literacy week, students are invited to participate in our brick challenge by completing various activities related to reading. (For more information, please see the handout that came home with the newsletter.)
- Monday, March 6th we will hold a Literacy Night from 6 – 6:45 pm, put on by Title 1 and our PTO. All families are invited.
- There will be dress up days throughout the week.
- A daily drop everything and read!
- Principal Jack has chosen a word for each day that the students will be challenged to use.
- Students can put kind words, uplifting quotes or book recommendations on paper bricks that will be used to build our construction bulletin board.
- We get to have daily secret readers at lunch time.

We are excited for our literacy week and for the opportunity to build up lifelong readers brick by brick!

<i>Monday the 6th</i> "Flip" for Reading	<i>Tuesday the 7th</i> "Crazy" About Reading	<i>Wednesday the 8th</i> Be Well "Red"	<i>Thursday the 9th</i> Be a "Fan" of Reading
 Reverse or flip your shirt	 Wear those CRAZY socks!	 WEAR RED DAY	 Wear sports/fan clothing

Osmond Elementary Dress Code Still Applies

Notes from our School Nurse

March is National Sleep Awareness Month!

The Gift of Sleep

Sleep is a gift we give our bodies. It is the time for cell and tissue regeneration. Sleep powers the mind, restores the body, and fortifies virtually every system in the body. But how much sleep do we really need in order to get these benefits?

How Much Sleep is Recommended for Each Age Group?

The National Sleep Foundation’s recommendations for nightly sleep are broken down into nine age groups. National Sleep Foundation guidelines:

Newborn (0-3 months)	14-17 hrs	School Age (6-13 years)	9-11 hrs
Infant (4-11 months)	12-15 hrs	Teen (14-17 years)	8-10 hrs
Toddler (1-2 years)	11-14 hrs	Adult (18-64 years)	7-9 hrs
Pres-School (3-5 years)	10-13 hrs	Older Adult (65+ years)	7-8 hrs



To pave the way for better sleep, follow these simple yet effective healthy sleep tips.

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual. (Try simple breathing exercises – Breath in for count of 4, hold your breath for count of 4, breath out for count of 4 and hold that for count of 4. Focus on your breathing. Breathe in calm and breathe out stress and worry.)
- Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound, and light.
- Sleep on a comfortable mattress and pillows.
- Beware of hidden sleep stealers, like alcohol and caffeine.
- Turn off electronics at least 30 minutes before bed.

How to Ease into Daylight Savings:

Keep your same sleep routines. A few days before March 12, 2023, start going to bed 15 minutes earlier each night. In the morning, get plenty of sunshine to reset your circadian rhythm.



Spring Dry Creek Academy will be starting in April.
Please be watching for more information regarding sign-ups.

THANK YOU!



Thanks to everyone who participated in the “Soup”er Bowl! Our Osmond students definitely helped make for a great game for an amazing cause. Way to come together and retain that trophy!

GREAT JOB COUGARS!

STAR VALLEY HIGH SCHOOL
presents

CINDERELLA

Osmond Elementary will be attending the play on the morning of Thursday, March 16th.

Students will be leaving the school shortly after 8 am and will be returning shortly before 11 am.

If your student happens to have an appointment that morning, please plan accordingly.

