



Osmond Elementary

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- 3/1/24 - NO SCHOOL
- 3/4/24 - 3/7/24 - LITERACY WEEK
- 3/5/24 - 3/6/24 - PARENT TEACHER CONFERENCES & BOOK FAIR
- 3/7/24 - 4TH GRADE NAEP TESTING
- 3/8/24 - NO SCHOOL
- 3/10/24 - DAYLIGHT SAVING TIME BEGINS
- 3/11/24 - 3/13/24 - 5TH GRADE WRITING WY-TOPP
- 3/14/24
 - 10:00 AM - PTO MEETING
 - 6TH GRADE TDAP CLINIC
- 3/15/24 - OSMOND WILL ATTEND THE SVHS MUSICAL OF GUYS & DOLLS
- 3/22/24 - NO SCHOOL
- 3/25/24 - 3/29/24 - SPRING BREAK

JUST A LITTLE Reminder...

Osmond's Spring Parent Teacher Conferences are being held Tues, March 5th & Wed, March 6th

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

Due to a scheduling conflict, Mr. Erickson will be holding his conferences on Tues, March 12th & Wed, March 13th. Appointments can still be made through the link listed above.

Spring into a good book at Osmond's book fair March 4th - 7th

The book fair will be open:

- * during parent teacher conferences
- * morning recess
- * lunch recess
- * before and after school.



Parents don't forget about eWallet!

By creating an eWallet for your child they can shop the fair on their own without carrying cash. Because anyone can contribute to an eWallet (like extended family and friends), your eager reader can take home even more books!

To create an eWallet or shop the fair online scan the code above or visit: <https://bookfairs.scholastic.com/bf/osmondelementaryschool1>

Osmond Elementary's Literacy Week

Mon, March 4th - Thurs, March 7th

Check out some of the fun activities our PTO has planned...

ENJOY READING IN FUN & CREATIVE WAYS!

Complete the tasks on the attached reward sheet, print your first and last name on the back, cut it out & return to the office for a chance to win a prize!



OSMOND ELEMENTARY Dress to Support Literacy Week

- MON** **READ MY SHIRT DAY!**
WEAR YOUR FAVORITE READABLE SHIRT
- TUE** **BE A "FAN" OF READING**
WEAR YOUR FAVORITE SPORTS APPAREL
- WED** **COWBOY UP FOR READING!**
DRESS LIKE A COWBOY/COWGIRL
- THU** **COUGARS KNOW HOW TO READ!**
WEAR YELLOW/BLUE FOR COUGAR SCHOOL SPIRIT

OSMOND ELEMENTARY LITERACY NIGHT

READY, SET, GLOW

MONDAY 6 PM- 6:45 PM
4 MARCH 2024

Activities Include:
Meet & Greet WITH LOCAL AUTHOR LANESE DAY
GAMES
Glow in the Dark **BOOKMARKS** and, **TREATS!**

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."
Dr Seuss

March is National Sleep Awareness Month!

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 10, 2024, start going to bed 15 minutes earlier each night. In the morning, get plenty of sunshine to reset your circadian rhythm.



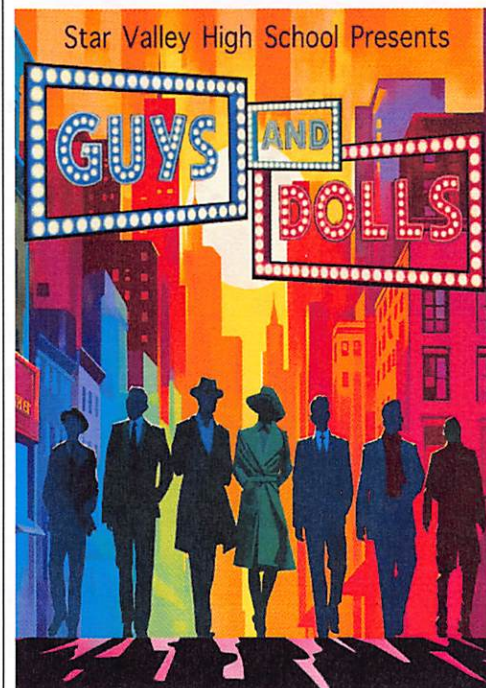
Spring DCA will be starting in April. Please be watching for more information regarding sign-ups.

This year we had some “cereal-ously” tough competition from Afton in the annual “Soup-er” Bowl!

Thank you to every student, parent, and teacher who donated and helped our community for a great cause. Both Osmond and Afton helped make a huge difference one cereal box and soup can at a time!



CONGRATS OSMOND ON BEING THE 2024 CEREAL-OUSLY SOUP-ER BOWL CHAMPS!



Osmond Elementary will be attending the musical on the morning of Friday, March 15th.

Students will be leaving the school shortly after 8:00 am and will be returning shortly before 11:00 am.

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

COMPLETE THE TASK
PRINT YOUR NAME ON THE BACK
CUT OUT

RETURN TO THE OFFICE FOR A CHANCE TO WIN A PRIZE

HAPPY READING!

RETURN	READ IN A FORT 	TO THE OFFICE
RETURN	READ STANDING ON ONE FOOT 	TO THE OFFICE
RETURN	READ WITH A FLASHLIGHT 	TO THE OFFICE
RETURN	READ HANGING UPSIDE DOWN 	TO THE OFFICE
RETURN	READ IN THE CAR 	TO THE OFFICE
RETURN	READ AN EXTRA 20 MINUTES 	TO THE OFFICE
RETURN	WRITE A THANK YOU, THEN READ IT ALOUD 	TO THE OFFICE
RETURN	READ SOMETHING THAT MAKES YOU SMILE 	TO THE OFFICE

