



Osmond Elementary

Tyler Jack, Principal
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11/1/24

No School

11/3/24

Daylight Savings Time Ends

11/8/24

No School

11/11/24

Veterans Day Assembly

11/12/24 & 11/13/24

Parent Teacher Conferences

11/14/24

Picture Retake Day
Last day for Cards for a Cause
Fundraiser orders

Due to a scheduling conflict,
PTO meeting will be held on
the 21st instead of the 14th.

11/15/24

No School

11/21/24

PTO Meeting 10:30 am

11/27/24

Early Release for Thanksgiving

1st release - 10:25 am

2nd release - 10:35 am

11/28/24 - 11/29/24

No School - Thanksgiving
Break

Osmond Elementary PARENT TEACHER CONFERENCES

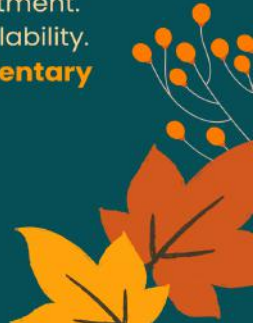
Tuesday, November 12th & Wednesday, November 13th

Classroom teachers will be available by appointment.
Please visit the following link to see teacher availability.

https://ptcfast.com/schools/Osmond_Elementary



Thank you for taking time out
of your busy schedules to visit
with your student's teacher.



The Scholastic Book Fair will be here November 11th – 14th

Choosing their own books empowers kids and inspires them on their journey to becoming lifelong readers. AND – as always – every purchase at the Fair benefits our school.

In addition to cash and check, eWallet can be used for payment. eWallet is your child's digital payment account. Before the fair set up eWallet for worry-free, cash-free purchases. Anyone can contribute! Share each child's eWallet so friends and family can add funds and give your kids more books to enjoy.

If you can't make it to the Fair, then shop at our school's book fair online. All orders ship directly to your home, and shipping is free for book orders over \$25. Every online purchase will also benefit our school.

Visit our book fair homepage to learn more and get started with eWallet and online shopping:

<https://bookfairs.scholastic.com/bf/osmondelementaryschool1>

Our Cards for a Cause Fundraiser is in full swing.

- The sales window is open until Nov 14th
- All orders will be shipped to the school then distributed to students for them to deliver.
- Orders should be here no later than mid-December.
- For more information see the packet students brought home last week.



Scan here to order
& pay through
Osmond's
School Store!
Or visit
oestore.lcsd2.org



KNOW WHEN TO WASH YOUR HANDS



www.cdc.gov/handwashing



November is National Diabetes Awareness Month.



Do you know the difference between Type 1 and Type 2 diabetes?

Type 1 Diabetes is an autoimmune disease. The immune system mistakes the insulin-producing cells in the pancreas as “invaders” and attacks them. Once this happens, the cells can no longer produce insulin and the person must depend on insulin injections or an insulin pump to stay alive. Currently, there is no cure for Type 1 diabetes.

Type 2 Diabetes is a metabolic condition. It’s when the body doesn’t produce enough insulin or becomes resistant to it. The condition can sometimes be controlled with proper diet and exercise, or a drug to enhance sensitivity to the body’s insulin production. More than 50% of Type 2 diabetes can be prevented!

Do you know the signs and symptoms of high and low blood sugars? If you have a loved one with Type 1 or Type 2 diabetes, visit Diabetes.org to learn the symptoms and other ways that you can help support them!

Calling all Veterans

Please help us update our list of area Veterans! Osmond Elementary has a tradition of honoring those who have served our country. This year we will be holding an assembly on November 11th. In order to do so, we keep a



list of local Veterans. Keeping this list current can be a challenge so we are asking for your help in our effort. Please call the office at 307-885-9457 or send an email to Mrs. Nield at lyndi.nield@lcsd2.org if you know someone we need to include. Thank you!

CHARACTER EDUCATION

In November, Osmond’s students will continue to explore the superpower of their autonomic nervous system (ANS), which keeps us safe through neuroception, our ANS’s “smoke detector”. As introduced last month, our reactions of “fight” or “flight” occur when our neuroception senses danger, whether it is real or takes the form of social or emotional threats. Worry, anxiety, self-doubt, or anger can result. Students will learn how to control these and other strong emotions, and how body language, including tone of voice and facial expressions, affect their and others’ neuroception. They will learn about the Vagal “Brake”, a strategy for emotional control or self-regulations. They will be introduced to another strategy to build self-regulation: deep breathing, which turns on their “vagal brake.” Students can better gain and internalize these valuable life skills, understand these concepts, and feel empowered by learning about what is happening in their brain and how they do have more control than they may have realized.



DIGITAL CITIZENSHIP - NOVEMBER

“DIGITAL FOOTPRINT”

- What is a “Digital Footprint?”
- What are “Cookies?”



- Everything you do online is being tracked and never goes away, even if you delete it.



- How can you protect your digital footprint?



TREAT OTHERS WITH KINDNESS