



Osmond Elementary



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3/3/25 - OSMOND LITERACY FAMILY NIGHT

3/3/25 - 3/6/25 - LITERACY WEEK

3/7/25 - NO SCHOOL

3/9/25 - DAYLIGHT SAVING TIME BEGINS

3/11/25 - 3/12/25 - PARENT TEACHER
CONFERENCES & BOOK FAIR

3/13/25 - PTO MEETING - 10:30 AM

3/14/25 - NO SCHOOL

3/20/25 - OSMOND WILL ATTEND THE
SVHS MUSICAL OF HELLO DOLLY

3/21/25 - NO SCHOOL

3/27/25 - 6TH GRADE TDAP CLINIC

3/31/25 - 4/4/25 - SPRING BREAK

JUST A LITTLE
Reminder ...

Osmond's Spring Parent Teacher
Conferences will be held
Tuesday, March 11th &
Wednesday, March 12th

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 Mon, March 17th & Tues, March 18th.** Appointments can still be made through the link listed above.

Spring into a good book at Osmond's book fair
..... March 10th - 13th

The book fair will be open:

- * during parent teacher conferences
- * lunch recess
- * afternoon 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 * MARCH 3RD - 7TH

Our PTO has some fun things planned for the week!
Students will have the chance to enjoy:

- Osmond's "Spring Into Literacy" Family Fun Night
- Our word of the Day
- Reading Bingo
- Book Drawings
- Book Drawings
- Stop, Drop and Read
- Speed Reading
- Dress up days! Dress code still applies.

MONDAY: WORD SHIRT DAY!
Wear your favorite readable shirt.

TUESDAY: BOOK CHARACTER DAY!
Dress-up like your favorite book character or a book character in general.

WEDNESDAY: CRAZY FOR READING DAY!
Wear crazy hair.

THURSDAY: COUGARS KNOW HOW TO READ!
Wear yellow/blue for cougar school spirit.

Osmond Literacy Night

SPRING INTO LITERACY

MARCH 3, 2025 * OSMOND GYM * 6PM-7PM

--LEARNING GAMES --BOOK SHARE
--MAKE A BOOKMARK. --SNACKS



Come join us for a
Family
fun filled night!



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 9, 2025, 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.



There was some stiff competition with this year’s “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 donation at a time!

CONGRATS AFTON ON BEING THE 2025 SOUP-ER BOWL CHAMPS!

DIGITAL CITIZENSHIP - MARCH

“PASSWORDS”

-Why do we need good passwords?

-How to create a good password.

-Only share passwords with trusted adults.

TREAT OTHERS WITH KINDNESS

STAR VALLEY HIGH SCHOOL PRESENTS

HELLO DOLLY!

Book by Michael Stewart Music and Lyrics by Jerry Herman
Based on the play The Matchmaker by Thornton Wilder

Free March 20, 21 at 7:00 pm Donations
Admission March 22 at 1:00 and 7:00 pm Accepted

Star Valley High School Auditorium

Original Production Directed and Choreographed by Gower Champion
Produced for the Broadway Stage by David Merrick and Champion Five, Inc.

Osmond Elementary will be attending the musical on the morning of Thursday, March 20th.

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

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