

Osmond Flementary

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11/2/25

Daylight Savings Time Ends

11/3/25

Visit by author Shelly Brown

11/7/25

No School

11/11/25

Veterans Day Assembly - 1 pm

Feel free to invite any Veterans you know.

11/11/25 & 11/12/25

Parent Teacher Conferences 4 - 7 pm

11/12/25

Picture Retake Day

11/13/25

PTO Meeting 10:30 am

11/14/25

No School

11/26/25

Early Release for Thanksgiving

1st release – 10:25 am

2nd release – 10:35 am

11/27/25 - 11/28/25

No School - Thanksgiving Break

Author Shelly Brown will be visiting Osmond on Monday, Nov 3rd

She is known for her books: Mustaches for Maddie,
Squint, Willa and the Whale, Virtually Me,
The Wild Journey of Juniper Berry and The Playmakers.

Students still wishing to purchase an autographed book may pick up an order form in the library or across from the office. Book availability is limited.







The Scholastic Book Fair will be here November 10th - 13th

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 We have had some parents asking about Osmond swag.

We are happy to let everyone know we have some available in our online store.





Scan the QR code or visit oestore.lcsd2.org to order & pay.

Orders will be open through Sunday, November 9th and distributed to students before Christmas.

Please know purchasing items is optional and not part of a fundraiser.

KNOW WHEN TO WASH YOUR HANDS



CHARACTER EDUCATION

In November, Osmond students will continue to learn more about their ANS (autonomic nervous system) and how it helps keep them safe by always scanning their environments for possible threats. If the ANS senses danger, then their bodies automatically go in "fight, flight, or freeze." This can happen whether it is real danger, or takes the form of social or emotional threats. Worry, anxiety, self-doubt, or anger can result.

Students will continue to learn strategies for how to control these and other strong emotions. By understanding what's happening in their bodies and learning self-regulation strategies, students can feel empowered and realize they have more control than they may have realized.



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 dishetes.

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!

THANK YOU for your help with our



fundraiser. We had amazing support! We have not yet received a confirmed delivery date, but will share that information as soon as it's available.

Thank you for your patience.

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