



Osmond Elementary

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November 2020

11/1/20

Daylight Savings Time Ends

11/2/20

Fall fundraiser starts

11/6/20

No School

11/10/20

Fall Picture Retakes

11/11/20

Veteran's Day

11/12/20

Zoom PTO Meeting ~ 10:00 am

All interested parents are invited.

Please email Mr. Barnes at

dabarnes@lcsd2.org if you would like

a link to the Zoom meeting

11/13/20

No School

11/16 - 11/19

Virtual Parent Teacher Conferences

11/25/20

Early Release for Thanksgiving

1st release – 10:54am

2nd release – 11:04am

11/26/20

Thanksgiving - No School

11/27/20

No School

11/30/20

Fall fundraiser ends

Virtual Parent Teacher Conferences By Appointment

You are cordially invited to attend Parent Teacher Conferences! Conferences this year will all be held via Zoom. If you are unable to attend your conference via Zoom, we can also facilitate a conference with a phone call. Conferences will be Monday, November 16th through Thursday, November 19th. We are using an appointment method with appointments scheduled every 15 minutes. Below is the link to use to schedule your students conference at Osmond Elementary:

https://ptcfast.com/schools/Osmond_Elementary

- Classroom teachers will be available by appointment. Use the link above to find your child's teacher's schedule and availability.
- Information regarding our Specials Teachers (Music, Art, Science, and P.E.) will be forthcoming.

Our teachers are excited to meet with the parents of their students! They realize and studies show, that everyone benefits from communication between parents and the school. Thank you for taking time out of your busy schedules to visit with your student's teachers.

Parents – Our Lost & Found has grown quite large in the couple of months that we have been in school. When items get turned in, we try to find their owners to get them returned as quickly as possible. In an effort to help us find owners of lost items, we are asking you to please make sure that you have labeled your children's coats, lunch boxes, backpacks, etc. Also, with the weather getting colder, please check to make sure your student isn't missing their winter coats, gloves, masks, etc. If they are, please have them check the Lost and Found!

Thank you very much for your help in this effort!



November is Diabetes Awareness Month!

Please **WEAR BLUE** on **Thursday Nov 12** in recognition of the world-wide fight against diabetes. Help raise the awareness of how Diabetes affects so many people! “Shine the Light” on diabetes by decorating with blue lights. The Blue Circle is the global symbol for diabetes. It signifies the unity of the global diabetes community in response to the rising number of people affected by diabetes. Take a creative picture using the blue circle app (Search: World Diabetes Day in your App store.) Post it to social media along with the 1-minute quiz to evaluate if you are at risk for developing Type 2 diabetes.

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

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 to 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!**

ALL ABOUT DIABETES TYPE 1 vs TYPE 2	
1	2
INSULIN PRODUCTION	
The body does not make enough insulin = INSULIN DEPENDENT	The body cannot use insulin properly = INSULIN RESISTANT
AGE AT DIAGNOSIS	
Usually ages 0-40 (mostly young children or teens)	Usually ages 40+ (mostly adults but occurring in children and teens who are overweight and obese)
SYMPTOMS OF DIABETES	
Increased thirst & urination Weight loss Fatigue Fruity smelling breath Irritability Blurred vision Slow healing sores or frequent infections	Increased thirst & urination Weight loss Fatigue Blurred vision Slow healing sores or frequent infections
DIABETES PREVENTION	
THERE IS NO WAY TO PREVENT TYPE 1 DIABETES	MOST CASES OF TYPE 2 DIABETES CAN BE PREVENTED
DIABETES TREATMENT	
Insulin injections Blood sugar checks Healthy eating & meal planning Increased physical activity	Healthy eating & meal planning Increased physical activity Oral medication may be needed Blood sugar checks In some cases, insulin injections are also needed

LET’S DO OUR PART IN RAISING AWARENESS OF DIABETES!

Scholastic Book Fair

Our Book Fair will be held **ONLINE** this year! It will run from November 9th through November 22nd. Check out our great selection of books at:

<https://www.scholastic.com/bf/osmondelementaryschool>

Reasons to shop our Online Fair:

- Get your children the books THEY choose.
- Fair sales contribute to the school's library.
- Extended selection of great books.
- Books available for everyone in the family to enjoy.
- Out of stock purchases available online.
- Out of town supporters can buy books to support the kids & school.
- **FREE SHIPPING – WE ACCEPT CREDIT CARDS!**



Each year at Osmond Elementary, we sponsor a fundraiser to help support activities that promote a well-rounded education for our students. This year, we are excited to partner again with Liberty Fundraiser to facilitate a fundraiser that is **100% online**. Items purchased will be delivered directly to your door! There is a wide variety of items to choose from including awesome socks, kitchen utensils, sports memorabilia, pies & goodies, and so much more!

Students will be raising money to pay for several activities, including our winter **ski trips**. We ask that each student sell **at least 4 items** in order to have their lift tickets and rentals paid for. If your family prefers not to purchase any items, you can send **\$50** to the school in the form of cash or check. Either way, we are thrilled to be planning these activities that encourage our approach to educate the whole child.

Important dates to remember:

November 2: Fundraiser Kickoff
November: 30 Fundraiser Closes

FALL DRY CREEK ACADEMY WAS A HUGE SUCCESS! EXTRA THANKS TO ALL OF THE STAFF WHO RAN CLUBS THIS SESSION AND TO LYNDI NIELD FOR ALL OF HER WORK IN COORDINATING ALL THE CLUBS! BE ON THE LOOK OUT FOR OUR WINTER SESSION SIGNUPS. SIGNUPS WILL BE SENT HOME IN THE NEXT COUPLE OF WEEKS FOR OUR WINTER SESSION THAT WILL RUN FROM JANUARY 11TH THROUGH FEBRUARY 3RD.



