



# Osmond Elementary

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## March 2021

**3/1/21**

*Literacy Week Begins*

Prepare for a fun week filled with reading inspirations! Please check out the accompanying article for more information!

**3/11/21**

*Zoom PTO meeting ~ 10 am*

All interested parents are invited.

Please email Mr. Barnes at [dabarnes@lcsd2.org](mailto:dabarnes@lcsd2.org) if you would like a link to the Zoom meeting

**3/12/21**

*No School*

**3/14/21**

*Daylight Saving Time Starts*

**3/15 – 3/18/21**

*Parent Teacher Conferences*

**3/19/21**

*No School*

**3/29/21**

*Start of Spring Break*

**4/5/21**

*School will resume from Spring Break*



## Literacy Week 2021

**March 1st through the 5<sup>th</sup>**

*“The more you read, the more you know.”*



We have a really fun week planned for our students to celebrate reading and Dr. Seuss's birthday. Below is our outline of events for the week.

### Monday – March 1st

Dress up: Cat in the Hat Day! (Wear a hat day)

### Tuesday – March 2nd

Dress up: Green Eggs and Clothes day! (Wear something green)

### Wednesday – March 3rd

Dress up: I Can Read With My Eyes Shut Day! (Wear a shirt that you can read)

### Thursday – March 4th

Dress up: Fox in Socks Day! (Wear Crazy Socks)

### Friday – March 5th

Dress up: If I Ran the Zoo Day! (Wear something with an animal print)

- Daily, we will have a schoolwide **Drop Everything And Read**. An announcement will be made at which time everyone will drop what they are doing to immerse themselves in a good book. Included in the announcement will be the winners of the daily book drawing.
- Mr. Barnes will be visiting each classroom throughout the week to read some of his favorite stories to the students.
- Students will have a chance at winning prizes while playing **Dr. Seuss Bingo** in the library with Mrs. Hunsaker and Mrs. Call during their Library Special. Daily prizes will be drawn until all the prizes are gone!
- Also happening in the Library will be a **One Fish – Two Fish** guessing game. Students will be given one card to guess how many candy fish are in the jar. Books will be given for the closest guesses as well as the jar of candy fish!

## PARENT TEACHER CONFERENCES

Spring Parent Teacher Conferences will be held **March 15th through March 18th**. *All conferences will be held via Zoom!*

Please go to the following link to find your child's teacher's schedule: [https://ptcfast.com/schools/Osmond\\_Elementary](https://ptcfast.com/schools/Osmond_Elementary). There you will be able to select a 15-minute time slot. If you prefer a phone call instead of a Zoom meeting, please note your request when signing up for a conference time. You will receive a Zoom link by email prior to your selected conference time. Also our Art, Music, and Library Specialists will be available this week for Zoom conferences or phone appointments. Mrs. Jensen, Osmond's Title 1 Coordinator, will also be scheduling conferences to discuss ideas with parents on how to help their children be more successful in school. If you would like to meet a Specialist or Mrs. Jensen, you will find their schedules on the same page as your child's classroom teacher.

We very much appreciate your support! We recognize that helping a child be successful is a team effort and it is a pleasure to be a part of this wonderful team with you.

Please call the school if we can be of any assistance!

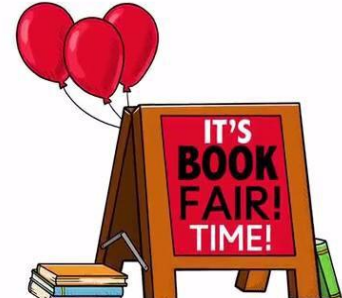
## SCHOLASTIC BOOK FAIR

Our Book Fair will be held **ONLINE** this year! It will run from March 13th through March 24th. Check out our great selection of books at:

<https://bookfairs.scholastic.com/bookfairs/cptoolkit/homepage.do?method=homepage&url=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!**



**Osmond  
students  
making the  
most of  
Winter!**

# NURSE'S CORNER

## The Gift of Sleep

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<sup>1</sup>](https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need)

	AGE RANGE	RECOMMENDED HOURS OF SLEEP
NEWBORN	0-3 MONTHS OLD	14-17
INFANT	4-11 MONTHS OLD	12-15
TODDLER	1-2 YEARS OLD	11-14
PRE-SCHOOL	3-5 YEARS OLD	10-13
SCHOOL AGE	6-13 YEARS OLD	9-11
TEEN	14-17 YEARS OLD	8-10
YOUNG ADULT	18-25 YEARS OLD	7-9
ADULT	26-64 YEARS OLD	7-9
OLDER ADULT	65 AND OLDER	7-8

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

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](#).
- [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.
- <https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>
- <https://questforhealthkc.com/2018/02/01/sleep-tricks/>

How to Ease into Day Light Savings: Keep your same sleep routines. A few days before March 14, 2021, start going to bed 15 minutes earlier each night. In the morning, get plenty of sunshine to reset your circadian rhythm.