

Osan Middle School

Parent Connection

February 5, 2010



Important Dates to Remember:

*****Report Cards went home today, February 5*****



Monday, February 8

Superbowl Monday for Students at Osan Middle

The day will be filled with sport's activities, arts and crafts, and trivia all day long on the campus of Osan Middle.

Parents, come out and join the fun of competition between students and faculty! We will also watch the game in the cafeteria on a big screen 10 X 10 TV. If you'd like to bring food for the activities, we'll welcome it.

Go Thunderbirds!!!!!!

February 15: Holiday.....No school for staff or students



What's Happening at Osan Middle?

- Parent University: Dr. Smith – Data Walks and Student Achievement.....February 11@ 5:00
- Engineering Presentations for Students.....February 16 from 8:30 – 11:30
- SAC Meeting.....March 1@ 1600
- PTSO Meeting.....March 2 @ 1700
- We are in need of an AVID tutor. This is a paid position. If you are interested, please contact the school at 784-7256.

Parent Surveys

How are we doing educating our number one clients.....our students?



Parents, please go to our school's website and take the Parent Survey. We encourage your input to make sure that we're providing a quality education for all students.

Parent Participation at Osan Middle



Parent, **Lynniece**, and teacher/student government chairperson, **Alison** discuss the final plans of Osan Middle School's first Winter Ball, which will be held tonight, February 5, from 5:30 – 9:00.

Parents, as your child's first teacher, we need your continuous involvement in everything we do at Osan Middle. We ask that you visit us often, come check on the status of your child in the classroom, and be a part of our team as we strive for excellence for our students.



From Nurse McAllister's Corner



This healthy food site offers other good information. Enjoy
<http://www.fruitsandveggiesmatter.gov/what/index.html>

EXAMPLES OF 1 CUP



1 small apple



1 large banana



1 medium grapefruit



1 large orange



1 medium pear



1 small wedge
watermelon



2 large or 3 medium plums



8 large strawberries



1 large bell pepper



1 medium potato



2 large stalks of celery



1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)



12 baby carrots (or 2 medium carrots)



1 large sweet potato



1 large ear of corn

EXAMPLES OF 1/2 CUP



1 snack container of applesauce (4oz)



16 grapes



1 medium cantaloupe wedge



1/2 medium grapefruit



4 large strawberries



5 broccoli florets



6 baby carrots



1 large plum



1 small box (1/4 cup) of
raisins



SUPER BOWL MONDAY at OSAN MIDDLE

Date: Monday, February 8

Time: 0835 – 1515

Parents, please join us!!!!

We're also accepting donations of food for the activities.

Go Thunderbirds!!!!!!!

DURING THE GAME ACTIVITIES:

BIG SCREEN TV (10' X 10') IN CAFETERIA
ARTS & CRAFTS
GAMES AND TRIVIA

POST GAME ACTIVITIES:

TEACHER/STUDENT B-BALL GAMES
VOLLEYBALL
KICKBALL
GAMES & TRIVIA

