

Updates, Observations & Anecdotes for Parents
from Julianne Allen,
Family Engagement & Communication Specialist



**FAMILY & COMMUNITY ENGAGEMENT
OPPORTUNITIES & IMPORTANT DATES**

- 5/6-10 PTA Staff Appreciation Week
- 5/7 Staff Professional Learning Day - NO SCHOOL FOR STUDENTS
- 5/8 OFIS BW Stem Night 6:00 PM @OFIS
- 5/9 OECPTA Meeting- 7:00 PM @FL
- 5/10 Special Olympics- Ely Stadium Elyria- Opening Ceremony 10:00 AM
- 5/10 OFHS Annual Art Show- 3:00 PM- 8:00 PM @HS
- 5/14 OFMS PTA Meeting- 7:00 PM @MS
- 5/14 OFIS 5th Grade Field Trip to Swings-n-Things
- 5/15 OFIS 4th Grade Field Trip to Swings-n-Things
- 5/15 OFIS 5th Grade Polaris Field Trip
- 5/16 OFHS Field Day- Kick It Tourney For Pediatric Cancer
- 5/17 OFIS Career Day - 5th Grade- 8:00-11:00 AM @OFIS
- 5/17 OFIS 5th Grade Luau- 1:00-3:00 PM @OFIS
- 5/18 OFHS Prom
- 5/20 OFHS PTA Meeting- 7:00 PM @OFIS
- 5/21 OFIS PTA Meeting- 7:00 PM @OFIS
- 5/22 ECC Vehicle Day
- 5/22 Falls-Lenox Volunteer Breakfast- 7:30 AM @FL
- 5/22 PTA Council Volunteer Dinner- 5:30 PM @ HS
- 5/23 OFMS & OFHS BW Stem Night- 6:00 PM @MS
- 5/24 OFIS 4th Grade Career Day- 8:00-11:00 AM @OFIS
- 5/24 OFIS 5th Grade Field Trip to Greenfield Village
- 5/27 Memorial Day Holiday - NO SCHOOL
- 5/28 First Grade Preview @Falls-Lenox- 5:30 PM (current K students)
- 5/28 Falls-Lenox/ECC PTA Meeting- 6:30 PM @FL
- 5/28 OFIS 4th Grade Field Day
- 5/29 OFIS 5th Grade Field Day
- 5/29 ECC Field Day
- 5/30 OFHS Commencement- 7:00 PM @Vitamix Field (Tickets required)
- 5/31 Falls-Lenox Field Day
- 6/3 OFMS 8th Grade Cedar Point Trip- 8:45 AM-8:00 PM
- 6/4 OFMS 6th Grade Honors Program- 12:30 PM @MS
- 6/4 OFMS 7th Grade Honors Program- 9:30 AM @MS
- 6/4 OFMS 8th Grade Honors Program- 1:45 PM @MS
- 6/5 OFMS Field Trips: 6th Grade- Swings-n-Things, 7th Grade-Bowling
- 6/5 OFIS 5th Grade Honors Day- 8:30 AM @OFIS
- 6/5 OFMS 8th Grade Promotion Program- 10:15 AM- 12:00 PM @MS
- 6/5 Falls-Lenox 3rd Grade Picnic- 12:30 PM @FL
- 6/5 **LAST DAY** of SCHOOL FOR STUDENTS (Preschool-11)



**NUMBERS
THAT COUNT**

75%

75% of the time we spend with our kids in our lifetime will be spent by age 12.

Can you believe it? This stat brings up some sad feelings for sure...but it's also a great reminder to make the most of the time when our children are under our roofs and before they are teens who are driving us crazy (and driving away in our cars!) Looking for some ideas to make the most of those precious childhood years starting this summer? Check out the "LINK APPROVED" feature on the next page!

Source:
1000HoursOutside.com

Summer will FLY!
Find the '24-'25 School Year Calendar **HERE!**



Bye Bye, Birdies



By Julianne Allen, Family Engagement & Communication Specialist

As another school year draws to a close, my empty nest is about to regain one hatchling who will be home from college. Meanwhile, I'll bid farewell to another who hopes to make it in the Big Apple. I'm not an "I Love New York" kind of person but I do get the appeal for a young college grad with way more ambition than actual resources. While the younger chickie will be eating my food and lazily binging Netflix in-between buying overpriced coffee drinks and complaining that her summer job starts too early in the "morning" (around 1:00 PM for college folk), the elder will have flown the coop for who knows how long?

I'm not ready to accept that it could be forever, but I have to be realistic that the whole point of raising these kids was so that one day they'd go and do their own thing. While I hope I've done enough to make them want to return some day to check on me when I'm old (and hopefully still fun and awesome), the fact that they want to find their own path means I've succeeded. They aren't supposed to live in a certain place or choose a certain partner or have a certain kind of job because I want them to. And that's where this gets hard.

Whether we like it or not, it is nearly impossible not to "want" certain things for our kids, and often those things are things that we wanted for ourselves at some point and perhaps just didn't get. For example, I never got to fulfill my dream of following my favorite boy band across the country, taking guitar lessons, learning to sing like an angel and then joining them on tour as their opening act, only to surpass them in my level of fortune and fame. I'm not going to try to make my kids do that either. It was my dream, and it didn't happen, and I've let it go. Mostly. I think.

While I could probably benefit from some professional psychoanalysis in this regard, I'll just concede that it is really challenging to avoid accidentally pushing our own unfulfilled dreams on our kids. But they don't owe us that. They get to decide who they'll be. We can only hope that means they won't completely forget every lesson we've taught them and run off to follow a boy band across the country. Or join the circus. (Do people still run off and join the circus? Is that still a thing? Don't tell my youngest.)

If your kids are graduating this month, or just moving on to the next phase of childhood, rest assured that you aren't alone if you are feeling a bit unsure about what's next. It's not easy to let them fly, whether it's completely out of the nest or just to the next grade in school. As we end another school year, I hope that you make the most of the summer and the years ahead with your children. Like mine, eventually they leave, but hopefully they come back. If you're on tour, well, they'll just have to understand.

Julianne



1000 Hours Outside is the global platform to reclaim childhood and reconnect families. The site encourages parents to get outside with their kids- for 1000 hours to be exact! While it may seem impossible, the site provides an easy and fun way to track your hours.



Simply download their app or print out their free tracker (example at right) for the kids to color in as they "earn" their hours! Why not make it a goal this summer to start enjoying the physical, mental, and emotional benefits of outdoor play?

PLAN ON IT!

ATTENTION PLEASE!

Parents/Caregivers of 6th, 7th, and 8th graders: Don't miss the opportunity to provide feedback to the Middle School! Scan the code below to take the survey and help us improve our family engagement efforts!

TAKE OUR SURVEY

Parent/Caregiver Involvement & Engagement in Middle School



Plan on checking out these events and opportunities!

Your mental health journey starts with a single moment.

Take it!

MAY is MENTAL HEALTH AWARENESS MONTH

The National Alliance for Mental Illness (NAMI) has chosen the theme of "Take the Moment" for Mental Health Awareness Month to emphasize importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame.

Throughout the month all Olmsted Falls school buildings will be illuminating this in various ways and events (highlighted in social media and building newsletters). Your child's mental health and wellness are a priority to us. If you have concerns about your child's mental well-being, visit our district website [HERE](#) to find all of the contact information for your school's support staff. And visit the National Alliance on Mental Illness (nami.org) for more resources and information about Mental Health Awareness Month. Be well, Bulldogs, and take a moment to focus on mental health!



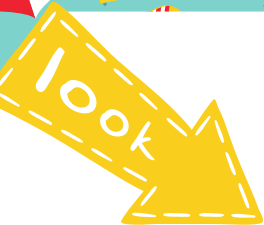
JUNE 19TH, 2024

WHAT IS JUNETEENTH? HELP YOUR CHILDREN UNDERSTAND THE IMPORTANCE OF THIS HOLIDAY!

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery on June 19, 1865 - the day when all African Americans were freed from slavery. The Smithsonian National Museum for African American History and Culture has a great guide for parents to use to help their children understand Juneteenth [HERE](#).

Celebrate the holiday at the MetroHealth Cleveland **JUNETEENTH FREEDOM FEST** on June 14- 15 at Mall C in downtown Cleveland. This is a city-wide, family-friendly celebration with fireworks, vendors, music, food, and fun!

REGISTER NOW



When my children were younger, one of the highlights of every summer was the Summer Reading Challenge at the Cuyahoga County Public Library! My kids loved to visit the library to pick out new books, track their progress, and earn rewards along the way. The challenge runs from June 1- July 31. Visit this [link](#) to register and keep your kids reading all summer long!



DISCOVER FUN ADVENTURES IN A TYPICAL DAY AT OUR ALL-NEW 2024 PROGRAM

A.M. BASE CAMP
Drop off your camper with qualified local educators who start each day with games that ignite creativity.

IN THE GAME™
Campers team up as they investigate the science of sports ball design and personalize a light-up game board, then add a unique logo and name!

LET'S GLOW™
When they build a customized Glow Box, campers discover different forms of light, finding inspiration in illuminating inventions and animals that glow!

GAMES & LUNCH
Half the campers head outside to play action-packed games while the others eat lunch – and then they switch.

OPERATION: HYDRODROP™
To cultivate awareness of real-world water challenges, campers engineer a try-house with crops to explore water-based technology and sustainable design thinking.

PROTOTYPING STUDIO™
Campers get creative as they transform their ideas from initial sketches to working prototypes using everyday items.

P.M. BASE CAMP
The day wraps up as campers wind down with problem-solving games.

All images feature actual campers pepping per our 2024 program.

Camp Invention is a nonprofit program of the National Inventors Hall of Fame.

Members in Creativity and Innovation
Army Educational Outreach Program
Barbara D. Morgan Foundation
General Motors
Granger

Partners
National Inventors Hall of Fame
uspto

Supporting Organizations
Dunkirk Family Foundation
Dunkirk Family Foundation
United Way 419-681-7800
U.S. Department of Defense (DOD) STEM
Walter Family Foundation

SECURE YOUR SPOT TODAY!
Register at INVENT.ORG/CAMP or 800-968-4332

Grades: K - 6th

Location: Falls Lenox Primary School
26450 Bagley Road, Olmsted Falls, OH 44138

Date: June 17 - 21, 2024

Time & Cost: 9:00 AM to 3:30 PM
\$270 (before discount)

Camp Director: Stephanie LaGruth
slagruth@ofcs.net | (440) 427-6400

If these dates/times don't work for you, please visit invent.org/camp for other locations near you.

REGISTER NOW to receive \$15 off using the code FUN15 before May 16, 2024!



GOOD STUFF

NO BAD JOKE



LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

Q. What do you call a cantaloupe in a swimming pool?



A. A watermelon!

STAY "IN THE LOOP" ON TWITTER (X)!

@OFCSLINK

@OFCSDistrict



"TOTALLY QUOTABLE"

"Books and summertime go together."

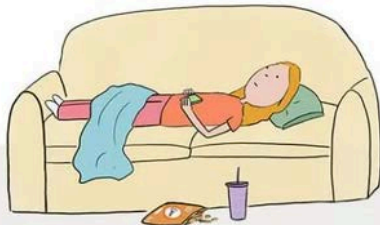
— Lisa Schroeder



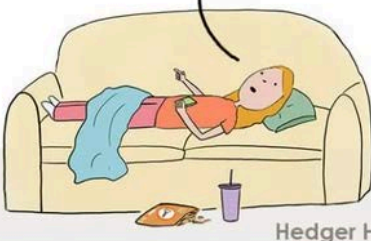
SERIOUSLY COMICAL

Scenes From Summer

I'm going to the post office, then the optometrist, then the gas station, then the grocery store. I'll be gone for several hours.



I'll be in this exact same spot when you return.



Hedger Humor

www.hedgerhumor.com

SnackScience!

When you need an excuse to snack, turn it into a learning opportunity and congratulate yourself for being so smart!

FIZZY LEMONADE

What you'll need:

- 2 lemons
- Cold water
- 1 teaspoon baking soda
- 1 teaspoon sugar
- Glass
- Spoon
- Ice (optional)



Activity setup:

- Squeeze all of the juice from each lemon into the glass.
- Add an equal amount of cold water to the lemon juice in your glass. Take a sip. How does it taste?
- Stir in the baking soda. What happens? How does your mixture taste now?
- Stir in the sugar. Take a sip. How does it taste? Add ice to cool off even more.
- Experiment with more or less baking soda to get your preferred level of carbonation.

How does it work?

Carbonation is the process of adding carbon dioxide (CO₂) to a liquid.



In this experiment, you are creating a chemical reaction between an acid—the lemon juice—and a base—the baking soda. The chemical reaction creates carbon dioxide in your liquid and that's what forms the bubbles! Learn more about this experiment and the science behind carbonation

here: ontariosciencecenter.ca

Thank you for reading "In The LOOP with LINK"! Have an idea for something you'd like to read about in future issues? Email your questions, comments, and suggestions to OFCSLINK@ofcs.net.

See you next year! -Julianne Allen, OFCS Family Engagement & Communication Specialist