


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

- 9/13 MS PTA Mtg.- 7:00 PM @MS Media Ctr
- 9/14 HS College & Coffee- 7:00 PM @HS Rm 606
- 9/20 OFIS PTA Mtg.- 7:00 PM @OFIS Media Ctr
- 9/21 HS Jr./Sr. Financial Aid Night- 7:00 PM Rm 606
- 9/22 ECC Picture Day
- 9/23 Falls-Lenox Picture Day
- 9/26 HS PTA Mtg- 7:00 PM @HS Media Ctr 
- 9/27 FL Title I Open House- 5:30 PM
- 9/27 FL/ECC PTA Mtg- 6:30 PM @Falls-Lenox
- 9/27 Rachel's Challenge Parent Night- 7:00 PM
@OFMS Cafetorium- (see page 3!)
- 9/28 HS Common Application Tips- 7:00 PM Rm 606
- 9/29 OFIS Picture Day

Contact your building principal or visit
www.ofcs.net for details.

**NUMBERS
THAT COUNT**



"988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline

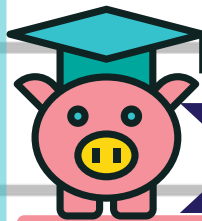
The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. 988 is a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress - whether thoughts of suicide, mental health, substance use crisis, or any other kind of emotional distress. This is Suicide Prevention Month, and a great time to make note of this number and share it with your kids!

*Source: www.samhsa.gov/find-help/988

 From the Editor

I sure hope you're ready for another school year because... IT'S HAPPENING! Never fear...I sharpened all my brand new pencils and I'm already on the job for YOU- the parents and caring adults who get your students to school every day one way or another, sometimes without a fuss and sometimes with a great deal of effort! I'm a Bulldog parent too, so I understand the ups and downs (and the sideways) of raising school-aged kids. "In the Loop" is custom-made for all ages and stages of Bulldog parenting, and will feature info from around Bulldog Country, parent-approved resources, activities, and ideas to help your child at home. I hope you enjoy the first issue of the 2022-2023 school year. We've got this, parents!

Julianne Allen



**NATIONAL COLLEGE
SAVINGS MONTH**

September is National College Savings Month! Don't waste your time digging through couch cushions looking for loose change to pad your piggy bank. Trust me- it's not enough! Have questions about paying for college? Attend this month's Jr. & Sr. Financial Aid Night presented by the OFHS Guidance Dept. on September 21 @7 in room 606 at OFHS. Learn about FAFSA and more! And if you don't know what FAFSA is, you had really better plan to attend! See page 3 for details. THIS IS NOT A DRILL!



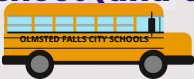
LAST FIRST DAY

by Julianne Allen

Family Engagement & Communication Specialist

August 25th, 2022 was my youngest child's last first day of school in Olmsted Falls. She held the obligatory "first day of school" sign and as we took her picture I was hit with a wave of emotion when I saw the number "12" in the "grade" space. I probably should have seen this coming. This was her last first day and I wasn't ready for it.

Maybe I wasn't ready because much of her high school experience took place during the pandemic. The traditional path from Freshman to Senior was anything but traditional. It wasn't easy- academically, socially, emotionally- and it often felt like she and her classmates deserved a "do-over" for all of the missed milestones. But that is not how it works when it comes to our kids growing up, is it? The three years of High School (and the nine years of school before that) flew by whether I liked it or not.



Her class was the first to have Kindergarten, which was ½ day back then, at the Early Childhood Center. AM Kindergarten was tough, as she was not a "morning person." Man, that bus came early! There were many cranky afternoons that year. For me. She was also cranky at times. I bought a book about how to deal with tantrums. She threw a tantrum about me buying the tantrum book. I never finished it.

At Falls-Lenox, her teachers saw her strengths and were patient with her often extremely messy workspace and excessive Kleenex use. One highlight was her turn as Jim Henson, creator of the Muppets, at the third grade wax museum. She wore a 70's wig, beard, and sideburns and looked more like Zach Galifianakis. (If he were 9 years old and made of wax.) I can't share that picture here. But trust me...it was peak Falls-Lenox Third Grade Wax Museum material. 🐸



At OFIS and Middle School, school work got more difficult. (LETTER GRADES!) Like many kids, she struggled with organization and time management. (Shout-out to all alumna of the Organization Army at OFIS!) She started fifth grade band playing a saxophone bigger than she was. She still plays but is (thankfully) MUCH better. She loved the 8th Grade Washington D.C. trip...until it ended with an unpleasant mystery illness that spread quickly through her and her classmates. (The memory of that bus ride has gotten easier for her with time;) There were ups and downs, but mostly ups. Her teachers made sure she was always ready for what was next.



Today, we are visiting colleges and looking to the future. She's still not a morning person and she might not be the tidiest, but she makes it work. She doesn't know what she wants to be when she grows up, but she discovered a love and a gift for art (thanks to INCREDIBLE OF teachers) and she is looking forward to the May Art Show when she will present her senior portfolio to the world (or at least the greater Olmsted area!) Will she turn that early interest in Muppet-making into a career? Time will tell! 🎨

Whether this was your child's first first day of school, their last, or somewhere in between, I hope you'll embrace what's ahead. Struggles will come but you're not alone. Talk to the teachers. Get to know the principal. Tell them about your child so that they can help bring out the best in them. I've got less than nine months to get used to the idea that this phase of raising my kids is coming to an end. There are many more "lasts" ahead for my daughter...but so many "firsts" still to come. Have a great year!



JOIN NOW



PLAN ON IT!*
*Plan on checking this stuff out!

SCAN ME TO JOIN PTA!

One of the easiest ways to support your child's school is to become a member of PTA! While there is no requirement to attend meetings or volunteer, it is worthwhile (and fun!) to get involved. Simply by joining, you are supporting PTA's mission to promote the health, well-being, and education of every student!



There is a NEW website for all things PTA, including contact information, meeting dates, volunteer opportunities, and most importantly, to JOIN PTA! Scan the QR code at right or click this [link](#) to access the site. JOIN TODAY and tell them you read about here! (Disclaimer: I'm not only a PTA-pusher, I'm also a member! 20 years and counting! #old) See page one for September meeting times, dates, and locations.

The College Application Workshop Series is back to answer your burning questions! Mark your calendar now. Thanks, OFHS Guidance!

COLLEGE APPLICATION WORKSHOP SERIES 2022

Workshops held at 7 PM

Workshop	Date
College & Coffee <i>An informative session for parents and students on the college application process works at OFHS, how to order transcripts and test scores, letters of recommendation and use Naviance. All grades welcome, but ideal for Seniors/Parents.</i>	Wednesday, 9/14/2022 Room 606
Financial Aid Night Presented by College Now of Greater Cleveland <i>Learn about the financial aid process (FAFSA) and scholarships from the financial aid experts at College Now of Greater Cleveland. All grades welcome, but ideal for Juniors/Seniors/Parents.</i>	Wednesday, 9/21/2022 Room 606
Common Application Tips <i>Get tips on how to complete the Common Application with Keith Lofton, Admissions Representative with The Ohio State University. All grades welcome, but most applicable to Seniors/Parents who are applying using this 22-23 Common App.</i>	Wednesday, 9/28/2022 Room 606
College & Scholarship Essay Writing <i>Get tips and advice on how to write a winning college/scholarship! This workshop will be an interactive workshop. Get ready to start brainstorming and writing. All grades welcome, but most applicable to Seniors/Parents.</i>	Wednesday, 10/5/2022 Room 606

RachelsChallenge

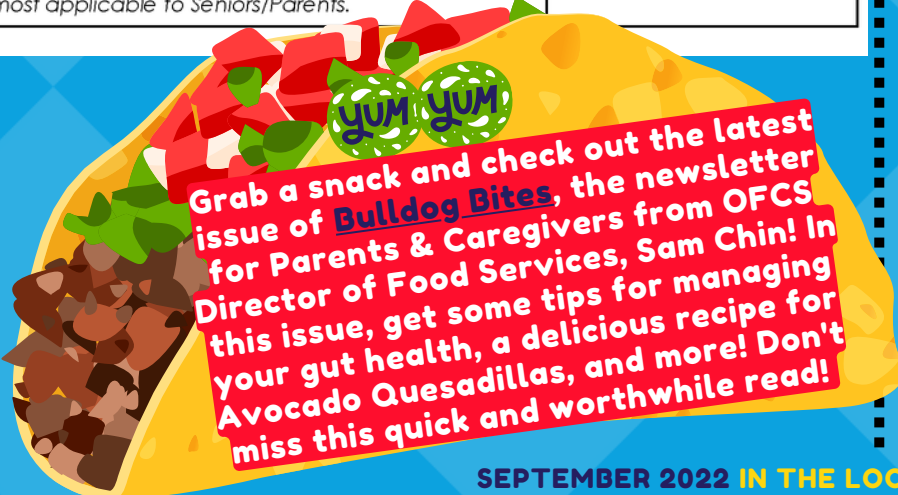
RISE TO THE CHALLENGE
You are invited to preview a Rachel's Challenge presentation at a school near you.

September 27, 2022
7:00-8:00 PM

Olmsted Falls Middle School
27045 Bagley Road
Olmsted Township Ohio 44138

[RachelsChallenge.org](#)

PARENTS & CAREGIVERS, You are invited to hear the incredible story of Rachel Scott who was the first victim in the shootings at Columbine High School in 1999. Her writings and legacy have become the basis for Rachel's Challenge, a national nonprofit that prevents school violence, bullying, and youth suicide through programs in schools. Join us 9/27 at 7:00 PM in the OFMS Cafetorium. Learn more about Rachel here: [Rachel's Challenge](#)



T "TOTALLY QUOTABLE" Q

"Let us remember: One book, one pen, one child and one teacher can change the world."
- Malala Yousafzai

WHAT IS LINK?

LINK is an acronym for Learn, Inspire, Nurture, Know. The LINK Program is a district-wide family-community engagement resource. The goal of the program is to connect the Olmsted Falls School District with parents and families, to encourage two-way communication, and to help parents support learning at home.

STUFF!

SnackScience!

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

APPLE VOLCANO EXPERIMENT

YOU WILL NEED:

- Apples
- Baking Soda
- Vinegar
- Container to catch fizz
- Knife for adults to carve out a hole

HOW TO SET UP AN APPLE VOLCANO

STEP 1. Put your apple on a dish, pie plate, or tray to catch the runoff. An adult should use a knife to cut a hole or vessel in the top of the apple about halfway down.

STEP 2. Kids can put a couple of spoons of baking soda into the hole. Hint: Add a drop of dish soap if you want a foamier eruption! The chemical eruption will produce more bubbles with the added dish soap and create more runoff.

STEP 3. Add a few drops of food coloring if you want. Mix it up and pair different colors with different apples.

STEP 4. Pour the vinegar into an easy to use cup for the kids. Pouring straight from a cup into the apple will produce a more dramatic volcano effect.

STEP 5. Eat your leftover (plain!) apples and enjoy the show!

BAKING SODA AND VINEGAR REACTION

A chemical reaction occurs between two or more substances that change and form a new substance. Here, you have a liquid acid, vinegar, and a base solid, baking soda. When they combine, they make a gas called carbon dioxide which produces the eruption you can see. For more info and fun experiments, go to www.littlebinsforlittlehands.com



DON'T FORGET PICTURE DAY!



9-22 ECG
9-23 FL
9-29 OFIS
10-18 OFMS
10-19 OFHS

SERIOUSLY COMICAL

How It Feels to Get School Pictures Taken

Ok, tilt your head...



HedgerHumor.com

Shoulder up...



© Adrienne Hedger

Tilt more...



Look up a bit...



Ok, smile naturally!



CLICK!



www.hedgerhumor.com

NO BAD JOKE

LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

Q. What did the buffalo say when he dropped his kid off at school?

A. Bison(!) 😂

STAY "IN THE LOOP" ON TWITTER!
@OFCSLINK
@OFCSDistrict

