

IN THE LOOP

with LINK

Updates, Observations & Anecdotes for Parents
from Julianne Allen,
OFCS Family & Community LINK Coordinator



PARENT/FAMILY/COMMUNITY ENGAGEMENT OPPORTUNITIES & IMPORTANT DATES*

- 9/8 OFMS 7th Grade Parent Night- 7:00 PM
- 9/9 OFMS 8th Grade Parent Night- 7:00 PM
- 9/13 OFHS Open House- 7:00 PM
- 9/14 OFMS PTA Meeting- 7:00 PM
- 9/21 OFIS PTA Meeting- 7:00 PM
- 9/21 OFHS College & Coffee- 7:00 PM
- 9/23 ECC Picture Day
- 9/24 Falls-Lenox Picture Day
- 9/27 OFHS PTA Meeting- 7:00 PM
- 9/28 FL/ECC PTA Meeting- 7:00 PM @Falls-Lenox
- 9/29 OFHS Financial Aid Night- 7:00 PM

*Some events are now virtual. Contact your building principal or visit www.ofcs.net for details.

From the Editor

"In The Loop" is back for another year of the highs, lows, and uh-ohs of parenting school-aged kids. We'll share information and reminders from around the school district, as well as highlight parent-approved resources, websites, activities and more ways to support your child's learning at home. Whether your student is an itty-bitty Bulldog, a graduating senior or somewhere in between, you'll find something to relate to here. Reach out to OFCSLINK@ofcs.net if you have a question, comment, or suggestion about In The Loop. Have a fantastic year, Olmsted Falls parents! You've got this!

-Julianne Allen

LINGO YOU SHOULD KNOW

Helping non-educators everywhere understand what the heck stuff means

PBIS- Positive Behavioral Intervention & Supports

Maybe you didn't know what PBIS stood for, but I bet you've seen it in action or heard your child talk about it. PBIS effectively promotes positive behavior in students and positive school climates. PBIS is about engaging students and promoting academic success. It focuses on teaching positive behavior so students will be successful in school and in life. In Olmsted Falls, all K-12 students are taught to **Be Safe, Be Respectful, Be Responsible and Be Kind**. This looks different in each school building, but the core concepts remain the same.

Feel free to try this at home!
(You can thank me later!)



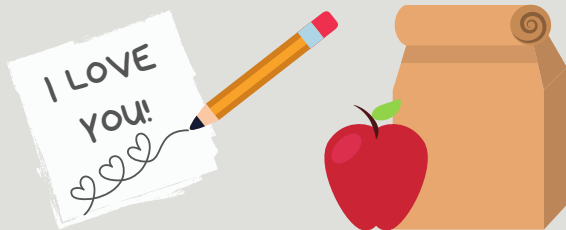
SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. If you or someone you know is in an emergency, call **The National Suicide Prevention Lifeline at 800-273-TALK (8255)** or call 911 immediately.

Source: NAMI (National Alliance on Mental Health)



IT'S OK
NOT
TO BE OK



Notes from the Lunchbox

by Julianne Allen,
Family & Community LINK
Coordinator

In the age of instant messages, tweets, texts, and "snaps", are hand-written lunchbox notes still "a thing"? Back in the day, writing lunchbox notes was part of my daily routine. My oldest daughter had multiple food allergies and so she took a lunch to school EVERY DAY FOR 12 YEARS. I didn't mind packing it, as it was a way for me to make sure she was taking something with a smidge of nutritional value AND I was able to slip a note in her lunch. The notes were nothing to write home about (pun intended) and mostly consisted of such original thoughts as "I love you", "I miss you" and "Have a fun day at school!" As she got older, I got a little more creative, sometimes drawing funny faces (all of the faces I drew were funny, as I am unable to draw anything. At all. I mean it.) Around grade 10, she wanted to pack her own lunch, and the notes I used to write were replaced with a mid-day text (when she was allowed to have her phone out, I promise) to say hello and tell her I loved her.

Fortunately at that point my youngest was still cool with getting a daily note in her lunch, and she took to writing me back. If I said "I hope your test goes well today!" She'd write back in pencil "Thanks mama, it wasn't too hard!" If I needed to remind her to stay after school for something, the note was my way of connecting with her while reminding her "Don't forget your saxophone lesson!" I'd try to draw a saxophone with music notes which looked nothing like either of those things for the reasons I already mentioned. She would write back "OK mama, I won't!" and she would draw something silly back.

I'd attempt to write a short poem or rhyme, and she'd try to out-do me with a better one, which was not difficult. (Yes, I am aware that "Hope your day is good, please eat your food" doesn't really rhyme. But thank you for pointing that out.) I would find the notes in her lunchbox when I went to re-pack it for the next day. And I would smile, knowing she read my note, and wrote me back, and wasn't embarrassed to do so in front of her friends. It was such a simple way of connecting, and I looked forward to getting my daily note back from her. It's almost like she was writing me a daily note because she thought I needed it?

My days of writing lunchbox notes to my kids are numbered. My college student now gets texts and memes from me during the day to stay connected (because I don't know how to Tik-Tok(!)) My youngest (who isn't all that young now) prefers to eat sushi from the Bulldog Café rather than take a lunch packed by yours truly. (THE NERVE!) And regular lunches are FREE (see page 3!) so buying lunch is cool again. (Sushi=NOT FREE!) Of course I find other ways of letting her know I'm thinking of her, but it is bittersweet to look back on how many notes we exchanged over the years. I miss it more than she does, I'm sure.

Now you can Google "lunch box notes" and print out all kinds of funny, colorful, unique notes to put in lunch boxes. You no longer have to struggle to come up with a catchy rhyme or draw a saxophone. Still, whether you pack a lunch or not, look for small ways to connect with your child during the school day. You can pretend you're doing it just for them.

VeryWellFamily.com

I stumbled upon this website while searching for resources for parents of middle-school and high-school aged kids, but got completely absorbed in it as I started browsing. There is SO MUCH here for parents, with a wide-range of parenting topics (including many articles about school) for new parents and more seasoned parents (advice for dealing with college-aged "kids"? Yes, I'll take it!) All articles are fact-checked for accuracy by a board of qualified experts, and the website partners with the Cleveland Clinic. Check it out for yourself, and learn something new! -Julianne www.verywellfamily.com



LINK NOTES!

STAY
"IN THE LOOP"
ON TWITTER!

@OFCSLINK
@OFCSDistrict



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 their children's learning at home.

QUICK QUESTION:

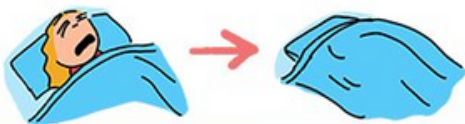
Q: Pack or buy?

A: This is an easy one! BUY! Thanks to the USDA, School breakfast (main entrée, fruit, and milk) and lunch (main entrée, fruit, vegetable, and milk) are free for ALL students this year- no paperwork required! To qualify for the FREE meal, be sure your student knows to take ALL items that make up the complete meal (individual items are not "free".) A la carte items like snacks are available for purchase- so be sure to put a few bucks on the EZPay account!) Look at that- you just saved time AND money, and got out of packing lunches! Go, you! (Don't worry...you can still write your kid a note for them to read at lunch- this offer is too good to pass up!)



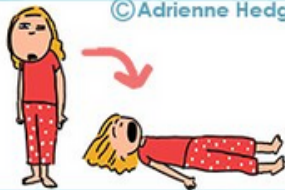
A Kid's Guide to Getting Up for School

1. When you hear your name called, hide under the covers. Maybe your parents will think you already got up and got yourself to school.



©Adrienne Hedger

2. Eventually you'll be forced to get up. Get back down as soon as you can.



3. Once your parents start freaking out, begin getting ready. Move at the pace of a slow-motion snail.



Hedger Humor

4. After you're ready, get down again. Stay there.



So I'm just going to drag your sleeping body into the classroom? Is that what we're doing here?

ICYMI IN CASE YOU MISSED IT

Past issues of "In the Loop" and other LINK resources are available on our website [HERE](#). You know you want to read them. Go on.

HEY LOOK! IT'S
PBIS!
(see page 1!)

Inspire & Empower

Be Respectful

Be Responsible

Be Safe

Be Kind



#TheBulldogWay