



HELLO SPRING

MARCH/APRIL 2023 Issue No. 6 IN THE LOOP

with LINK

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



NUMBERS THAT COUNT 2.5 MILLION

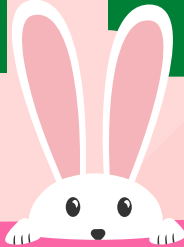
According to the latest data from the 2022 National Youth Tobacco Survey, over 2.5 million kids in the U.S. were current e-cigarette users and 85% of them used flavored products. Many are using these products most days or every day, a sure sign they're becoming addicted. Need help talking to your child about addiction to tobacco or other substances? Check out SAMHSA.org or call your child's school for help.

PARENT/FAMILY/COMMUNITY ENGAGEMENT OPPORTUNITIES & IMPORTANT DATES*

- 3/17 OFIS PTA Meeting- 8:00 AM @OFIS
- 3/21 ECC Preschool Spring Curriculum Night- 6:30 PM
- 3/23 Falls-Lenox Blood Drive
- 3/24 Falls-Lenox 3rd Grade Career Day
- 3/27 OFHS PTA Mtg- 7:00 PM @HS
- 3/27 ECC Right to Read Week Begins
- 3/28 Falls-Lenox/ECC PTA Meeting- 6:30 PM @ECC
- 4/1 OFHS PTA Talent Show
- 4/4-6 OFMS Grade 8 Washington DC Trip
- 4/4 OFHS Olmsted Works! Job Fair- 2:45 PM - 4:15 PM
- 4/5 STEM Night @Falls-Lenox- sponsored by PTA- time TBD
- 4/7 Spring Break - NO SCHOOL
- 4/9 Easter
- 4/13 OECPTA Meeting- 7:00 PM @ECC
- 4/17 Return from Spring Break
- 4/18 OFMS PTA Meeting- 7:00 PM @MS
- 4/18 OFIS PTA Meeting- 7:00 PM @OFIS
- 4/20 ECC Preschool Spring Conferences
- 4/21-22 OFHS Spring Musical
- 4/24 OFHS PTA Mtg.- 7:00 PM @HS
- 4/25 ECC Preschool Spring Conferences
- 4/25 Falls-Lenox/ECC PTA Meeting- 6:30 PM @FL
- 4/26 OFMS 5th Grade Parent Night - 7:00 PM @MS
- 4/28 OFMS Student Council Dance



*Registration for some events may be required- contact your building for details.



BULLDOG BITES Newsletter is BACK!

March is National Nutrition Month and you're in luck! Not only do we have a top notch Director of Food Services at OFCS, Registered Dietician Sam Chin, but he also puts together a darn good newsletter! Check out this month's issue of Bulldog Bites for more info about National Nutrition Month, Myth vs. Fact featuring fresh vs. canned/frozen produce, the many benefits of taking a hike, and a yummy recipe for garlic parmesan orzo which I will be making after I finish putting together THIS newsletter! Click [HERE](#) to get all of the delicious details!





TIME IS A GREAT STORYTELLER

by **Julianne Allen**

Family Engagement & Communication Specialist



Although I'm mostly Italian with a side of Polish- which sounds like a great idea for a restaurant!- I have a few strands of Irish DNA in me too. Even if I didn't, I'd still love the Irish proverbs that pop up frequently this time of year. They are clever, catchy, and often quite deep. Many leave room for interpretation, making them really relatable. The title of this piece is one such proverb: *Time is a great storyteller.*

One interpretation of that proverb might be that as we age (and our kids do too) our perspectives shift. When we recount experiences from our pasts, the stories we tell may change depending on how we remember them, and what lens we are using when we look back. Often, experiences that felt so difficult in the moment seem less awful given the passing of time. (Childbirth, I'm talkin' about you!) I've been thinking about time quite a bit lately because with my youngest child graduating in a few months, my time as a Bulldog parent is running out. If I'm lucky, there's still time to add to my story with new opportunities in my role as a semi-empty-nester. My nest won't be fully empty because I'll be raising a goldfish and a reptile when my daughter goes to college. I sure hope they do their own laundry because my new story was supposed to include a lot less of that.



How about this one: *Don't be breaking your shin on a stool that's not in your way.* Which I think means "don't borrow trouble" or "don't create problems where there are none" or, maybe the simplest meaning is "mind your own business." It's easy to get wrapped up in our kids' troubles. The older they get, the bigger some of their troubles seem to be. Sometimes we need to involve ourselves if it is a serious or potentially harmful situation. But for those smaller problems, we can resist the temptation to swoop in and trip over the stool that isn't in our way.



Have you ever worried about a problem or a disappointment that your child experienced long after they have moved on and gotten over it? Given the opportunity, most kids can solve their own small problems if afforded the time and given the tools to do so. Supporting our kids by empowering them to solve their own problems when it is feasible will really come in handy when they are on their own in the "real" world and things get much more complicated. Even the YOUNGEST Bulldogs are taught this skill. Ask your Kindergartener about the little green frog named Kelso. We start our problem-solving practice young in OF!



There may be an Irish saying for nearly every experience, happy or sad, in life. This website alone lists 140 and that is the tip of the Irish proverb-ial iceberg. The fact that there are so many speaks to the idea that we all experience some of the same highs and lows. No matter what we are going through as a parent, there is someone out there, somewhere, who went through it too- and maybe came up with an Irish proverb to explain it. So enjoy the time you have with your kids right now, equip them with the skills they need to jump over the stools in their way, and try not to dwell on the past or worry about the future.



Because there's no use boiling your cabbage twice.

Julianne



Happy
St. Patrick's
Day

"IN THE LOOP WITH LINK"
is published periodically throughout the year for parents and caregivers in the Olmsted Falls School District. Have an idea for something you'd like to read about in future issues? Email your questions, comments, and suggestions to OFCSLINK@ofcs.net. Thanks for reading! -Julianne Allen, Family Engagement & Communication Specialist



STAY
"IN THE LOOP"
ON TWITTER!
[@OFCSLINK](https://twitter.com/OFCSLINK)
[@OFCSDistrict](https://twitter.com/OFCSDistrict)

PLAN ON IT!*

*Plan on checking out these events and opportunities! Consider this your friendly reminder that there is A TON of stuff going on. You're welcome!

Need a job? OLMSTED WORK\$!

Community Job Fair

Hosted by Olmsted Falls High School

 26937 Bagley Road

Many area employers represented

Full-time, Part-time, & Seasonal opportunities

From teens to retirees—and everyone in between—this fair is for YOU!

OFHS Main Gym open to job-seekers:

2:45-4:15 PM OFHS Students
Students & Adults from Olmsted & nearby communities

The OLMSTED WORK\$ Community Job Fair is 4-4-23 after school at OFHS! There's no excuse for your teen (or YOU, if you're a job-seeker!) not to stop by!

APRIL 4

OLMSTED FALLS SAFETY TOWN 2023

Olmsted Early Childhood PTA (OECPTA) presents **Safety Town**, an accident-prevention program open to children entering kindergarten this fall. Registration is underway. Spots are filling fast! Click [HERE](#) to register. **Teen volunteers are needed**- check the link for more info coming soon.



Open to children entering kindergarten in fall 2023.

34TH ANNUAL OFHS PTA TALENT SHOW!

April 1st, 2023 (no foolin'!)
6:00 PM OFHS Auditorium
Tickets \$5.00 at the door
Support scholarships for graduating seniors and check out the talent of your classmates and friends!



JOIN OUR Summer CREW!

WE ARE HIRING

OLMSTED FALLS SCHOOLS HAS VACANCIES FOR SUMMER CASUAL LABOR INCLUDING:

GREAT INITIAL WORK EXPERIENCE FOR A FIRST TIME STUDENT WORKER

DEVELOP REAL LIFE EMPLOYABILITY SKILLS

FLEXIBLE SCHEDULE ALLOWS YOU TO WORK AROUND OTHER PERSONAL/SCHOOL COMMITMENTS

LEARN ON THE JOB IN A SUPPORTIVE WORK ENVIRONMENT

Olmsted Falls is hiring for the summer! This is a great opportunity for a first-time student worker. Deadline to apply is April 1st! Click [HERE](#) to submit an application.



Questions? Contact Lanie Welker mwelker@ofcs.net

Disney HIGH SCHOOL MUSICAL ON STAGE!

presented by OFHS Masquers

April 21st at 7:30pm
April 22nd at 2:00pm & 7:30pm

We expect huge crowds, so get your tickets soon! Presale prices are lower than prices at the door.
Presale prices: \$12 for Adults; \$10 for Students; \$5 for Children preschool/younger; \$5 for Senior Citizens.

To order tickets, go to ofmasquers.ludus.com. Choose your show and your seats!

Questions? Contact Leslie Pickenheim at lpickenheim@ofcs.net 440-427-6070.

GOOD STUFF



NO BAD JOKE

LIKE A DAD JOKE!

A cringeworthy new feature inspired by bad dad jokes everywhere

What do you call a mischievous Easter egg?

A practical yolker.

(Sorry.)



"TOTALLY QUOTABLE"

T



Q

"The earth laughs in flowers."

—RALPH WALDO EMERSON

SnackScience!

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

Fun with Peeps!

You've got leftover Peeps...I KNOW you do! Why not put them to good use and do some easy and fun science experiments?

What happens to a Peep when you put it in the microwave?

Freeze it? How do their properties change? Have your kids do before and after observations and record what they find!

Click [HERE](#) for a downloadable observation sheet and more ideas for what to do with those squishy, sugary Peeps!

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.

SERIOUSLY COMICAL



The Easter Bunny as a teenager

Happy EASTER