

IN THE LOOP

with LINK

Updates, Observations & Anecdotes for Parents

from *Julianne Allen*, Family Engagement & Communication Specialist

Upcoming Parent/Family/Community Engagement Opportunities & Important Dates

- 2/7 **Freshman Orientation for current 8th grade students & parents- 6:00 PM @OFHS Auditorium**
- 2/9 **OECPTA Meeting- 7:00 PM @ECC**
- 2/10 **OFIS Valentine's Celebration**
- 2/13 **OFMS PTA Meeting- 7:00 PM @OFMS**
- 2/14 **ECC Valentine's Celebration**
- 2/14 **Falls-Lenox Valentine's Celebration- 1:30 PM**
- 2/15 **OFMS Winter Band Concerts Gr. 6th, 7th, 8th 6:30 PM & 8:00 PM @OFMS**
- 2/16 **OFMS PTA Dodgeball Tournament 6:30 PM @OFMS**
- 2/16 **ECC Family Math Night- 6:30 PM @ECC**
- 2/17 **NO SCHOOL FOR STUDENTS- Staff Records Day**
- 2/20 **NO SCHOOL- PRESIDENT'S DAY**
- 2/21 **OFIS PTA Meeting- 6:30 PM @OFIS**
- 2/22 **OFMS Winter Choir Concerts @OFMS**
6th Gr & Golden Harmonies- 6:30 PM
7th Gr & Golden Harmonies- 7:30 PM
8th Gr & Golden Harmonies- 8:30 PM
- 2/27 **Falls-Lenox Right to Read Week & Spring Book Fair**
- 2/27 **OFHS PTA Meeting- 7:00 PM @OFHS**
- 2/28 **Falls-Lenox/ECC PTA Meeting- 7:00 PM @FL**



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

NUMBERS THAT COUNT

60%

Nearly 60% of overweight children ages 5-17 had at least one risk factor for cardiovascular disease and 25% had two or more.

February is American Heart Month (OBVIOUSLY!) and it is the perfect time to help kids learn healthy heart habits to avoid developing the risk factors for cardiovascular disease. Check out these (also pretty obvious!) tips:

- Encourage kids to get moving! Bike, swim, play sports, get outside!
- Limit screen time as it leads to sitting around and snacking (not a heart-healthy combo.)
- Ask the pediatrician to screen your child for heart conditions, monitor blood pressure, and check cholesterol.
- Model healthy eating habits- shop and make dinner together! Avoid salty, processed foods (darn you, Kraft Mac & Cheese!)

Heart disease is the leading cause of death in the U.S. for both men and women! So while you're encouraging healthy heart habits for your kids, make sure you're showing them how it's done. Your kids fill your heart with love, right? (OK, sometimes they give you heart burn, but that's a topic for another day!)

Source: American Heart Association

QUICK QUESTION

Q: When you think of your child's future, what are your hopes and dreams?

A: Only you know the answer to this, but we want you to share your thoughts with us. As a parent/caregiver, you have aspirations for your child and our job is to help facilitate that journey. By sharing what you hope and dream for your child and their future, our school district can better focus on the benefits you expect us to deliver, and communicate with you about how we are doing. Please take a few minutes to share by completing this quick survey. THANK YOU!

TELL US ABOUT IT!

TAKE SURVEY



Take Heart

By Julianne Allen

Family Engagement & Communication Specialist



St. Valentine may be the headliner on Valentine's Day, but Cupid is certainly the unofficial mascot of February 14th. Why is this cherub charged with representing love and making people fall into it? I'm on a procrastination-related deadline limiting my research, so I'll just have to take a stab at it (with an arrow, get it?) Cupid is a baby, albeit a slightly creepy one with wings (and a weapon!?) A baby is almost guaranteed to make even a cold-hearted meanie feel a little twinkle in their heart. Think about your newborn baby, with their sweet chubby, innocent face and a practically visible halo floating above their tiny noggin. Babies=Love. Right?

Now imagine your little angel growing up, sprouting horns, and developing a nasty attitude. Whoa- this has taken a turn. How could this happen? You endured years of sleepless nights, hours of crying (sometimes your OWN), and disgusting diapers. You fed them all the right nutrients for optimal growth and caught them when they fell taking their first steps. When the first word uttered by your little cherub was not "mama" or "dada" but the dog's name, Barkley, which sounded more like "Barfwee", you were ok with that. How could a baby understand that the least they could do was learn to say your name before the dog's name? That was a hypothetical example, of course. I don't even have a dog. But I have two kids, and even when they aren't being particularly lovable, I love them anyway. It's what we do.

Inevitably as our children grow up and our relationship with them evolves they will hurt us. They are going to mess up. We may have to punish them or enforce rules that they think are unfair. They may lash out at us, say and do hurtful things, make choices we do not agree with, and blame us for circumstances that are not our fault. All because they are angry, sad, or scared, and deep down they know that we represent a safe place for them to express themselves. They know that we're not going to stop loving them. That doesn't mean that it doesn't hurt us. Loving our kids ultimately means making our hearts vulnerable to the pain that comes with it.

Despite the pain our kids sometimes unknowingly inflict on us, we keep coming back for more. When a child- even an adult child- is experiencing pain or heartbreak- most of us would take their burdens on ourselves if we could. We have the benefit of life experience, hindsight, and perspective. Our hearts have been broken, maybe more than once, but we've survived. We can teach our children that their hearts can heal too.

Those we love the most have the ability to hurt us the most. Like Cupid, your kids will sling some arrows. It's another challenging part of parenting that no one tells you about when you are holding a sweet, tiny infant. That baby will grow up to be quite the heartbreaker, and you will have to figure out how to handle it. You could consult the Big Book of Perfect Parenting for instructions, but it doesn't exist. Instead, as weird as it may seem to take advice from a winged cherub, in this case, I recommend it: Follow your heart.

Happy Valentine's Day!

Julianne

National Museum of African American History & Culture

The Smithsonian National Museum of African American History & Culture in Washington, DC is the only national museum devoted exclusively to the documentation of African American life, history, and culture. If you can't travel to DC to visit the museum in person, check out the "LINK APPROVED" link to search the full collection at the museum, access activities, educational opportunities, digital resources, and more. I must admit that once I found this website, I couldn't stop clicking. It is fascinating and a great place to expand your knowledge of African American history. Be sure to check out the story behind the symbolic design of the building. Take some time with your kids to explore. You'll be glad you did. <https://nmaahc.si.edu>



PLAN ON IT!*

*Plan on checking this out!



Registration is now open for Northeast Ohio Parent's 2023 Camp & Summer Programs Fairs. All events are FREE to attend. Register today! Meet with representatives from a variety of camps and summer program options for your kids to help get the planning started!

WEST EVENT
SUNDAY, FEBRUARY 26TH
11 A.M. - 2 P.M.
LAKE RIDGE ACADEMY
WESTLAKE, OH
REGISTER HERE

[LEARN MORE](#)

The Ohio Internet Crimes Against Children Task Force presents

Sextortion: The Hidden Pandemic



Berea-Midpark High School
February 6, 2023
6:30 p.m.

Please join the Ohio ICAC Task Force on **February 6 at 6:30 p.m. at Berea-Midpark High School** for the documentary showing, **Sextortion: The Hidden Pandemic**, a film about the hidden world of online child exploitation and how we can protect our children. After the showing, there will be a brief Q&A with representatives from the Ohio Internet Crimes Against Children Task Force, Homeland Security, and the Cuyahoga County Prosecutor's Office. Admission is **FREE**. RSVP [HERE](#).

Kindness MATTERS

RANDOM ACTS OF KINDNESS DAY is FEBRUARY 17th

Bulldog students are taught to **BE KIND** every day! What random act of kindness will **YOU** do on February 17th? See page 4 for ideas!

Humble Conversations with Dr. James Knight

ALL parents and students are invited to participate in Humble Conversations.

Humble Conversations is rooted in a framework built upon the belief that what our world needs now more than ever is a dose of humility. Join Dr. Knight as he discusses the importance of cultural humility in building deeper connections across differences.

Diversity is something to be embraced, not feared.



Wednesday, March 8, 2023
6:30 PM
@OFHS

More info coming soon!



REGISTER HERE! **SAVE \$25** WITH CODE **WONDER25** **SAVE \$15** WITH CODE **WONDER15** **SAVE \$30** WITH CODE **SIBLOVE30** **SAVE \$40** WITH CODE **SIBLOVE40**

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 19 - 23, 2023
Time & Cost: 9:00 AM to 3:30 PM | \$260 (before discount)
Camp Director: Stephanie LaGruth | slagruth@ofcs.net | (440) 427-6400

GOOD STUFF

"TOTALLY QUOTABLE"

"make kindness the norm."



NO BAD JOKE

LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

Q. Do you have a date for Valentine's Day?

A. Yes, February 14th.



RANDOM ACTS OF KINDNESS FOUNDATION



FEBRUARY 7

SAFER INTERNET DAY 2023

Together for a better internet

Safer Internet Day aims to not only create a safer internet but also a better internet, where everyone is empowered to use technology responsibly, respectfully, critically and creatively. Join [ConnectSafely.org](https://connectsafely.org) for a free virtual event 2/7 @7:30 PM hosted in partnership with National PTA. This event will explore:

- screen time
- impact of influencers and celebrities
- when kids feel left out
- pressure to be perfect
- online bullying & harassment

Visit <https://saferinternetday.us/family-program/> for more info and to register for this event.

ConnectSafely

SaferInternetDay.us

SPECIAL kindness EDITION

SERIOUSLY COMICAL

SHARE A SNACK.



GIVE OTHERS THE BENEFIT OF THE DOUBT.



DRINK A GLASS OF WATER.



DONATE BLOOD.

PICK UP LITTER.



READ WITH A CHILD.



COMPLIMENT WITH RECKLESS ABANDON.



ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE.



THANK A TEACHER.



OPEN DOORS FOR OTHERS.

SMILE.



USE A REUSABLE WATER BOTTLE.



SUPPORT LOCALLY OWNED BUSINESSES.



RANDOM ACTS OF KINDNESS DAY FRIDAY, FEBRUARY 17TH

SHARE YOUR FAVORITE SONG WITH SOMEONE.



TEXT SOMEONE A POSITIVE MESSAGE.



PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS.



LEAVE AN EXTRA BIG TIP.



ENCOURAGE A FRIEND.



GIVE AN UNEXPECTED GIFT.



GO FOR A LONG WALK.



PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART



CELEBRATE SOMEONE ELSE'S ACCOMPLISHMENT.



SEND A THANK YOU NOTE



MAKE KINDNESS THE NORM!

RANDOMACTSOFKINDNESS.ORG

LAUGH UNTIL YOUR BELLY HURTS.

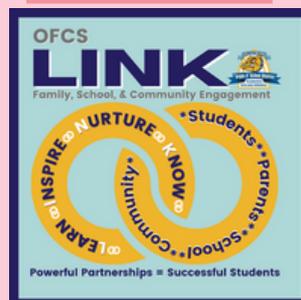


LOVE WHO YOU ARE.



RANDOM ACTS OF KINDNESS FOUNDATION

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.