

# IN THE LOOP

with LINK

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



## NUMBERS THAT COUNT

**1** IN **8**

**THE NUMBER OF TEENAGERS WHO  
HAVE ABUSED AN ILLICIT SUBSTANCE  
IN THE PAST YEAR.\***

Have you talked to your kids about drugs, alcohol and vaping? If not, why not? If you aren't sure where to begin, start with this presentation from Rob Brandt of Robby's Voice that took place at OFHS earlier this month. Robby was a 2010 grad of OFHS and an incredible young man. His story is one that all families of young people should hear. Click [HERE](#) to access the presentation, and click [HERE](#) for helpful resources for talking to your child about the risks of substance abuse and how to get help.

\*Source: [National Center for Drug Abuse Statistics](#)



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

- 11/12- Falls-Lenox Veterans Day Program- 8:15 AM
- 11/16- Falls-Lenox/ECC PTA Meeting- 6:00 PM @ FL
- 11/16- OFIS PTA Meeting- 7:00 PM @ OFIS
- 11/16- OFMS PTA Meeting- 7:00 PM @ OFMS
- 11/18- Falls-Lenox Parent-Teacher Conferences
- 11/18- OFHS Parent-Teacher Conferences
- 11/22- OFHS PTA Meeting- 7:00 PM @ OFIS
- 11/22- Falls-Lenox Parent-Teacher Conferences
- 11/22- OFHS Parent-Teacher Conferences
- 11/22- ECC- Coffee Chat w/Mrs. Bechtel & Mrs. Hayes 9:00 AM @ ECC Cafeteria
- 11/24- Thanksgiving Break- NO SCHOOL
- 11/26- Contact your building principal or visit [www.ofcs.net](http://www.ofcs.net) for details.

\*Some events may be virtual.



## LINGO YOU SHOULD KNOW

Helping non-educators everywhere understand what the heck stuff means

### PD- Professional Development

PD can stand for many different things. Police Department? Public Domain? Private Detective? Well, in education, PD stands for Professional Development. You know those "no school for students" days when the kids stay home but the staff is at school? Those days are an opportunity for the entire staff to have dedicated time for collaborating, training, hearing from other professionals in their field, and more.

The most recent PD day took place on November 2nd and was dedicated to technology. Staff members had the opportunity to choose sessions of interest focused on different tech topics, some led by other Bulldog colleagues who shared their knowledge and expertise.

Staff members take what they learned at PD back to the classroom, department, or office and integrate the new ideas, techniques and knowledge.

Rest assured, these "PD" days are never wasted. All students benefit from teachers and staff members who are continually learning and growing in their jobs.

Make a note! The next PD Day for staff is May 3rd, 2022. Your kids will be home that day, reading a book:)



## TIME FLIES

by Julianne Allen, OFCS Family & Community LINK

It's 11:22 AM and I'm snacking on my third breakfast of the day (if popcorn counts as breakfast) when it occurs to me why I am so hungry. My stomach thinks it is 12:22 PM and I haven't eaten lunch. Daylight Saving Time has ended (yes, it is "Saving", not "Savings", and I was today-years-old when I learned that.) When the clock changes in the fall and again in the spring it is almost comical how much that one hour messes up your whole day. According to the New York Times, "The beginning and end of daylight saving time can cause sleep problems for parents and children alike. Younger children will get up earlier after falling back and teenagers will struggle after springing forward. Tired parents will lose either way." Yikes! As I said, ALMOST comical.

In my experience the NYT isn't wrong. As infants, both of my daughters were already prone to waking up at ridiculously early (or late, or both) hours of the day and night. The time change threw a wrench into an already precarious sleep schedule. As toddlers, nap time was a total bust. No matter what time we attempted it, it would take weeks to get back on some sort of schedule. We would be nearly adjusted when the clock switched again in the spring and we had to start over. "Oh well. Naps are for babies," I told myself, as I cried like one.

It didn't get much better once they hit school age. The time change messed up their internal clocks for weeks, ensuring that they woke up too early on weekends in the fall and refused to fall asleep when it was light outside at bedtime in the spring.

Now that I have a teenager and a college student, I'm not sure if they have ANY concept of time. Their cell phones automatically update the time. They don't seem interested in helping me reset all of the clocks in the house. At the risk of giving away my age, I will say that I am thankful that we no longer have a VCR to program! My kids don't have to remember which combination of buttons and knobs to push on the dashboard to reset the clock in the car, finally giving up and choosing to wait six months for the time to change again. They go about their days and nights, Snapping and TikTok-ing along, blissfully unaware of the struggle that their poor parents face as their internal time clocks wake them up and make them tired at the same time no matter what the clock says.

Of course, sleep is SO important for kids. According to SleepFoundation.org, "...a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school..." To make it worse, the American Academy of Pediatrics says "...a quarter of children under the age of 5 don't get adequate sleep...poor sleep in early childhood has been linked to allergic rhinitis, problems with the immune system, anxiety and depression, future cardiovascular risks in the form of obesity, diabetes, and high blood pressure." And the American Medical Association warns, "In adolescents, inadequate sleep can have long-term effects on academic performance and mental health."

In a surprise to no one, kids and young adults NEED sleep for their physical and emotional well-being. Adults need it too, but rarely do our needs come before those of the little angels we are raising. While we can't "make" our children fall asleep, we can certainly work on encouraging better sleep habits. Soon, the day will come when we are no longer in charge of anyone's bedtime but our own. The struggle of dealing with overly tired children- or teenagers who make mac & cheese in the kitchen at 3:00 AM instead of sleeping- will be a thing of the past. While it may be difficult to cherish the moments when your children are awake and you'd rather be asleep, it's worth a try. Soon they will be on their own and you will be in your pajamas at 6:30 PM on a Tuesday because it's already dark outside.

Time sure flies.



Julianne

# LINK NOTES! SnackScience!

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

## CRANBERRIES!

Yes, cranberries are traditionally a part of Thanksgiving, but you KNOW your kids aren't eating them! Instead of letting them go to waste, let the kids play with their food while conducting these science experiments!

### Cranberry Pockets

Do cranberries sink or float? Give each child a Styrofoam cup with water and a cranberry. Have them write their own hypothesis. What happened? Talk about cranberry bogs and harvesting ([click here](#)). Then, cut the cranberry in half, so kids can see the inside of it. Cranberries have four air pockets inside of them, which makes them float!

### Dancing Dried Cranberries

Explore the three states of matter by making cranberries dance! Toss dried cranberries into a glass of Sprite and watch them bob up and down. The bubbles (carbon dioxide gas) in the soda stick to the rough edges of the dried cranberry. The bubbles bring them up to the top of the glass. Then they pop and release the CO2 into the air, making the dried cranberries fall back down.

### Spy Juice

Students become spies and write secret messages to one another using homemade cranberry juice! Visit the [Kitchen Pantry Scientist](#) to learn how to concoct the juice and unveil your top secret writing!

For more Thanksgiving fun with food, visit <https://www.weareteachers.com/thanksgiving-food-experiments/>

## 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.

### Letter from the Editor

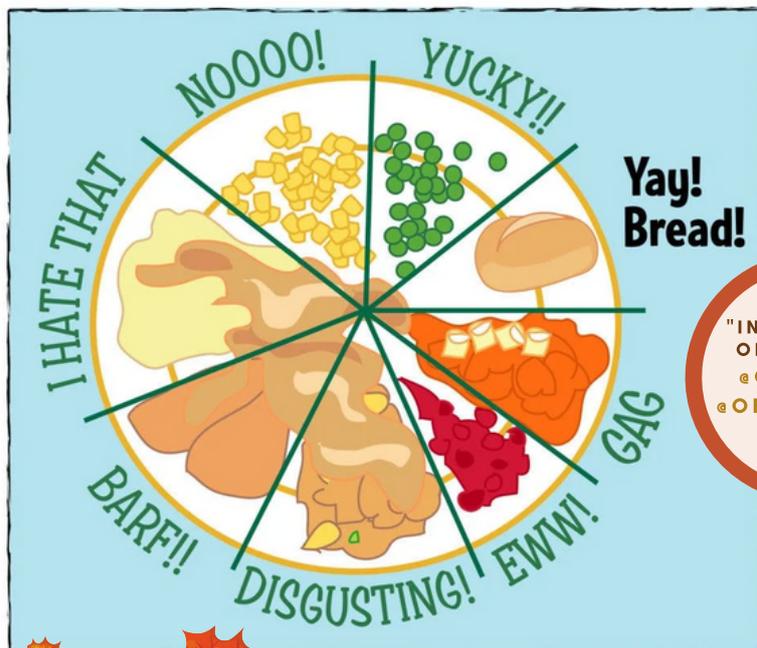
In case you missed it (and you probably did) "In The Loop", the newsletter you never knew you needed but now can't imagine your life without, debuted one year ago in November 2020! November 2020 was such an innocent time in newsletter-land. Much has changed (and I'm not just talking about the gray in my hair!) The world is a different place now, but never fear... "In The Loop" will remain your lighthouse in the storm of raising your school-age kids. From the bittiest Bulldogs to the Class of 2022 (and beyond), I will strive to bring you information, resources, and a little bit of humor to keep you going. Thanks for sticking with me this past year. Have a wonderful Thanksgiving! I'm grateful for your readership!

-Julianne Allen

## THANK YOU!

## SCIENCE OF PARENTHOOD

### YOUR CHILD'S HOLIDAY PLATE



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



"In The LOOP with LINK" is published periodically throughout the year for parents and caregivers in the Olmsted Falls School District. I hope that you enjoyed this issue. Have an idea for something you'd like to read about in future issues? E-mail your questions, comments, and suggestions to [OFCSLINK@ofcs.net](mailto:OFCSLINK@ofcs.net). Thanks for reading! -Julianne Allen, OFCS Family & Community LINK