

NOVEMBER 2022 IN THE LOOP with LINK

Updates, Observations & Anecdotes for Parents
from Julianne Allen

OFCS Family Engagement & Communication Specialist



PARENT/FAMILY/COMMUNITY ENGAGEMENT OPPORTUNITIES & IMPORTANT DATES*

- 11/17 Falls-Lenox Parent-Teacher Conferences
- 11/17 High School Parent-Teacher Conferences
- 11/18 OFIS PTA Mtg- 8:00 AM @OFIS
- 11/21 Falls-Lenox Parent-Teacher Conferences
- 11/21 High School Parent-Teacher Conferences
- 11/23-25 Thanksgiving Break- NO SCHOOL
- 11/28 High School PTA Mtg- 7:00 PM @OFHS
- 11/29 Falls-Lenox/ECC PTA Mtg- 9:00 AM @FL
- 11/29 ECC Parent-Teacher Conferences

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



NUMBERS THAT COUNT



80%

Over 80% of young people ages 10-18 say their parents are the leading influence on their decision whether to drink (alcohol) or not. Yes, AGE 10. Don't wait to talk to your kids about substance use and abuse. SAMHSA (the Substance Abuse and Mental Health Services Administration) has lots of resources for starting the conversation. Click the link below and GET TALKING!

*Source: [Substance Abuse & Mental Health Services Administration](#)

LINGO YOU SHOULD KNOW

Helping non-educators everywhere understand what the heck stuff means

SRO- School Resource Officer

SROs are sworn law enforcement officers responsible for safety and crime prevention in schools. A local police department, sheriff's agency, or school system typically employs SROs who work closely with school administrators in an effort to create a safer environment.

In Olmsted Falls, we are fortunate to have three SROs who work with our students. Beyond law enforcement, these specially trained officers serve as educators, emergency managers, informal counselors, and role models. SROs are not involved in disciplinary actions unless a crime has been committed.

Ultimately, the SROs in Olmsted Falls Schools work with our school leaders to build a better school community. Look for more info to come soon about our awesome SROs! And if you see one of our SROs when you visit a school building, thank them for their service to our kids!



NATIONAL VETERANS & MILITARY FAMILIES MONTH

The Defense Department has declared November National Veterans & Military Families Month! A huge Bulldog THANK YOU goes out to current and retired service members and their families in our community and beyond.

We appreciate the sacrifices that our military members and their families make. Are you part of a military family?

Check out the [National Veterans & Military Families Month](#) page for resources that celebrate and support military families!



WHEN TURKEYS ATTACK!*

(*Thanksgiving safety tips for you and the fam)

by **Julianne Allen**
**Family Engagement &
Communication Specialist**



Last week as I was Googling Thanksgiving recipes that I will probably never make (as one does), the auto-complete feature in the search bar brought up a number of turkey-day related results, including one I didn't expect: **Thanksgiving safety tips**. I suppose I could have ignored it, and gone back to searching for a family-friendly recipe for a vegetable that isn't a potato. Or scrolled down to the "thanksgiving sangria recipe" option. It was tempting.

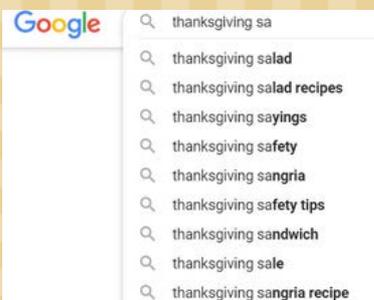
But sharing helpful info with you is my job, and I take it seriously. So I clicked...and that's when I found out that *Thanksgiving is basically just an accident waiting to happen*. Here is what I learned from the Consumer Products Safety Commission's "Stand By Your Pan" public service campaign. (You know I wish I had come up with that one!)

- **Don't leave food on the stove or in the oven unattended.** And certainly don't leave home with the turkey in the oven. Stand By Your Pan. Got it?
- **Turn pan handles to the back of the stove.** This can help prevent burns and spills that could harm little hands that might reach up, and discourage grandpa from "just looking to see what's in here".
- **Don't wear loose clothes and long sleeves that can catch fire.** Save your formal-wear (or your huge sweatshirt and stretchy pants) for after you're done cooking. This goes for kids too. Keep them 3 feet away from the stovetop and oven, and don't leave them alone in the kitchen. The last thing you need is for them to be running around with their cousins dressed as superheroes and trip and fall into the stove. This may seem like an unlikely scenario but I'm officially afraid of Thanksgiving.
- **There are about 1800 cooking fires on Thanksgiving Day.** I'm just going to guess that about 1795 of those are a result of your "fun" uncle insisting he knows how to deep-fry a turkey despite having no culinary background or interest in following the instructions on the fryer. The CPSC says that a turkey fryer can go from "start" to "fire" in less than a minute. Eek! So, fry outside, away from the house (not in the garage, silly), don't overfill the fryer with oil or plop a frozen turkey in the fryer, and don't leave the fryer unattended! Keep an eye on what you fry! Again, wish I'd thought of it, but that last one came from The Red Cross.

Lest you think that fire is the only thing to fear on Thanksgiving Day, think again, my friends! In my safety search, I also found out that ER visits tend to spike on Thanksgiving for just some of these terrifying reasons: **deep-fryer (again!) burns; cuts (knives are SUPPOSED to be sharp, guys!); food poisoning (undercooked turkey = no EATey); stomach issues from overindulgence (that's putting it politely); alcohol-related injury (including traffic accidents- DO NOT BE ONE OF THESE PEOPLE!); and heart issues related to overexertion (don't make the Turkey Trot 5K your only work out of the year!)**

I want to wrap up this slightly alarming story on a positive note: Thanksgiving can be awesome. Use your common sense, keep an eye on your kitchen and your children, and check the batteries in your smoke detectors just in case. Happy Thanksgiving!

Julianne



PLAN ON IT!*

*Put this stuff in your calendar!

Olmsted Falls Masquers presents

FIRST FEDERAL PRESENTS AN OFHS MASQUERS PRODUCTION OF LAHEWOOD.

FRIDAY, NOVEMBER 18TH 2022

11/18/22

11/19/22

7:30 PM

7:30 PM

RADIUM GIRLS
BY D.W. GREGORY

SATURDAY, NOVEMBER 19TH 2022

THE OLMSTED FALLS HIGH SCHOOL HARDING CENTER OF THE PERFORMING ARTS
\$7 FOR STUDENTS AND SENIOR CITIZENS
\$10 FOR ADULTS

FOR TICKETS, SCAN THE QR CODE OR VISIT OFMASQUERS.LUDUS.COM



FOR MORE INFORMATION, CALL 427 6070

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2022-2023
CALL FOR ENTRIES!
SHOW YOUR VOICE!
Learn more and get involved!
PTA.org/Reflections
EXPLORE THE ARTS AND EXPRESS YOURSELF!

DANCE CHOREOGRAPHY | FILM PRODUCTION | LITERATURE | MUSIC COMPOSITION | PHOTOGRAPHY | VISUAL ARTS

All students are invited to participate in the 2022-2023 National PTA Reflections Contest! Students interpret a common theme through the arts. This Year's theme is "Show Your Voice". Students complete a work of art in one of the six categories: dance choreography, literature, photography, film production, music composition, or visual arts. All entries are due to your PTA Unit/School Office by **November 28th**. Click here for official entry forms: [OFHS PTA](#), [OFMS PTA](#), [OFIS PTA](#), [FL/ECC PTA](#), (OECPTA-contact your chairperson for details.)

Save the Date

Internet Safety & Social Media Parent Program - Internet Crimes Against Children (ICAC)

Thursday, January 19, 2023

7:00-8:00 PM

OFMS Cafetorium

Open to all parents

- Apps to avoid
- Friends & followers on social media
- Privacy settings
- Gaming and internet safety
- Live streaming
- Sexting
- Parental control apps
- Rules and boundaries
- Resources

Presented by Olmsted Falls Middle School
More info to come!

Free College Application Events and Instant Decision Days @ OFHS



These are special events just for OFHS students. Meet with an admissions rep from these schools, get a free college application AND if it is an instant decision day, get an instant college admission decision that day!

- 11/17/22
University of Toledo Free Application Day
[Click to Register](#)
- 11/30/22
Bowling Green State University Instant Decision Day
[Click to Register](#)
- 12/5/22
Cleveland State University Instant Decision Day
[Click to Register](#)

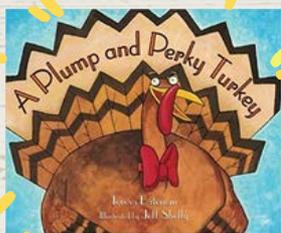


GOOD STUFF

Yes, this is a children's book, and one of my favorites. In fact, although we donated most of the gazillion books we picked up over the years from Scholastic flyers and fairs, "A Plump and Perky Turkey" by Teresa Bateman is a keeper. It is clever enough for adults to read numerous times without getting annoyed, and the illustrations are great. It's available [HERE](#) or you can borrow my copy (it's a little worn out!)

LOOK!

It's a Book!



"In The LOOP with LINK" is a publication of the LINK Family & Community Engagement Program. LINK: Learn, Inspire, Nurture, Know. Questions? Comments? Email OFCSLINK@ofcs.net. Thanks for reading! Julianne Allen, Family Engagement & Communication Specialist

SnackScience!

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

Whipping Cream for the Win!



So this one might be a stretch, but hey, it's easy and you know your kids will love to try these two experiments with whipping cream! Because who doesn't enjoy having to clean another container at Thanksgiving? Enjoy!

YOU WILL NEED:

- Heavy Whipping Cream
- Air
- A little bit of arm strength!

Investigate the three states of matter by shaking up cream to create butter!

- Pour one cup of heavy whipping cream in a container with a lid. Once poured, the container should be no more than halfway full (half cream / half air).
- Shake your liquid and gas to make butter! As you shake, open up your container and check out each stage as your liquid and gas suddenly create a whipped solid: butter!
- When your butter is ready, refrigerate it. It will become a bit harder.
- Note: One cup of cream will create about four tbsp. of butter). Add some salt to your butter to give it more flavor!
- Have some whipping cream left over? Use a hand mixer to whip one cup of cream until you get stiff peaks.
- Add a little sugar if you want sweet cream.
- Compare the volume, texture and taste of the salted butter and the sweet whipped cream, and discuss the difference between shaking the cream and whipping the cream.

Source: weareteachers.com

NO BAD JOKE LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

Q. What did the pie thief say as he took off with the last slice?

A. Piece Out!

SERIOUSLY COMICAL

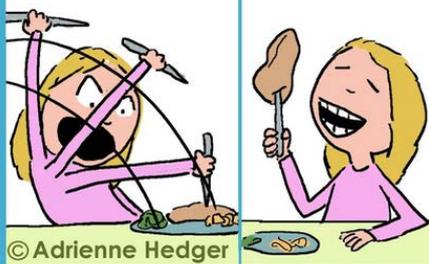
Four Table-Manner Tips

According to My Kid

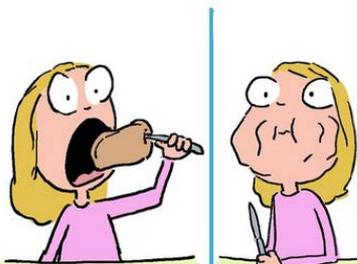
1. Ignore the napkin. It is of no concern to you.



2. Stab your food with a knife and then eat it like a popsicle.



3. Stuff as much food as possible into your mouth.



4. Go slow. It might take you four hours to eat one bite of potato. That's fine. That's normal.



www.hedgerhumor.com