



OCTOBER 2022 IN THE LOOP with LINK

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

PARENT/FAMILY/COMMUNITY ENGAGEMENT OPPORTUNITIES & IMPORTANT DATES*

- 10/13 OFMS Student Council Dance- 5:30 PM @OFMS
- 10/13 OECPTA Meeting- 7 PM @ECC
- 10/14 NEOEA Day - NO SCHOOL
- 10/17 FLECC PTA Breakfast Buddies- 7 AM @FL- Last name A-G**
- 10/18 FLECC PTA Breakfast Buddies- 7 AM @FL- Last name H-N**
- 10/18 OFMS Picture Day
- 10/18 OFIS PTA Meeting- 6:30 PM @OFIS
- 10/19 OFHS Underclass Picture Day
- 10/19 FLECC PTA Breakfast Buddies- 7 AM @FL- Last name O-Z**
- 10/20 ECC Preschool Curriculum Night- 6:30 PM
- 10/24 OFHS PTA Meeting- 7:00 PM @OFHS
- 10/25 Falls-Lenox/ECC PTA Mtg- 6:30 PM @ECC
- 10/27-29 Bulldog Theatre Co. Presents "CATS"- 7:00 PM @OFMS
- 10/28 Falls-Lenox Halloween Parade/Parties- 1:15 PM
- 10/31 ECC Kindergarten & Preschool Fall Fest Celebration
- 10/31 OFIS Halloween Parade/Parties- 1:30 PM

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

LINGO YOU SHOULD KNOW
(Helping non-educators everywhere understand what the heck stuff means!)

LLI- Leveled Literacy Intervention

The Leveled Literacy Intervention (LLI) System is an intensive, small-group, supplementary literacy intervention for students who find reading and writing difficult. In Olmsted Falls, LLI is used in our Title 1 reading program in grades K-5. The goal of LLI is to lift the literacy achievement of students who are not achieving grade-level expectations in reading. We also utilize LLI in our after school intervention programs for grades K-5. Now you know the LINGO!

SINCE YOUR HIGH SCHOOLER PROBABLY WON'T TELL YOU... Polaris will be in the building on the morning of Friday, October 28th and the afternoon of Monday, October 31st to present to all 10th graders in their US History classes. Also, ALL 10th-grade students will be invited to attend the Polaris Field trip on Tuesday, November 15th. Consider yourself informed!

Parents.Highlights.com

Highlights Magazine saved me from numerous meltdowns at the pediatrician's office. (Not MY meltdowns, silly!) This mag is fun and educational and should take the kids more than two minutes to lose interest in.

Although a subscription to Highlights Magazine is not free (well-worth the cost, in my humble opinion) there is a section of the Highlights website for parents with lots of free stuff to discover.

The site contains printable activities like coloring pages and my personal favorite, hidden picture puzzles, parenting tips, and encouraging articles for parents. There are cute crafts and many more ideas for keeping the kids occupied. Hopefully long enough for you to use the bathroom by yourself. (Check out this fun Fall Scavenger Hunt idea [HERE](#).)



NUMBERS THAT COUNT



THE PERCENT INCREASE IN THE NUMBER OF PEDIATRIC MELATONIN INGESTIONS REPORTED TO POISON CONTROL CENTERS BETWEEN 2012 AND 2021.

Melatonin, a common, over-the-counter supplement used as a sleep aid, is the #1 substance ingested by children reported to poison control centers, according to the U.S. Centers for Disease Control and Prevention (CDC). Last month, the American Academy of Sleep Medicine issued an advisory, reminding parents to store melatonin supplements just as carefully as any other medication and to always consult with a pediatrician before giving melatonin to their children.

Source: HuffPost Parents



Frighteningly Good Tips For Talking to Your Kids about Social Media

by Julianne Allen
Family Engagement
& Communication
Specialist

Unless you've been living under a rock, (and even if you have been living under a rock there's still a good chance you've got WiFi) it is safe to assume that your kids are actively using social media or begging you to let them start. It's not fun but it is important to talk to them early and often about their social media use. (Brace yourself for some serious groaning and eye-rolling.) This [article in HuffPost Parents](#) has some great questions to ask. Using these questions as a guide, here are my ideas for tackling this potentially scary conversation:

"What accounts do you have?" Don't be surprised if you haven't heard of some of the social media platforms your kids are using. Young people are savvy. They stay up later than we do and know we are busy worrying about mortgages and insurance and inflation. We are grown-ups who spend our precious free time paying bills and starting home improvement projects that we will never finish. That's not an excuse. We must still try to keep up.

"What's your favorite video/photo/meme right now?" There is a real possibility that your kids will show you the dumbest thing you've ever seen. Heck, my husband is always trying to get me to watch some of the most nonsensical things on the internet. But if your kids show you something that is not only dumb but also inappropriate or contains offensive content, use the opportunity to talk about why that's not ok to post or share. Sometimes spouses need reminders too.

"Who are the friends you talk to the most online?" Are these people your child knows in real life? Knowing their screen name doesn't count. We don't play video games in my house as my girls are too busy trying to become influencers and have no time to waste playing games. (I'm only half-kidding here.) But I know that kids can play games with people all over the country. Even though our kids (especially our teens) claim to know everything, it is easy to be fooled into oversharing information. Have you seen "Catfish"? That is all.

"Are your accounts private?" See above! Oversharing with complete strangers is way too easy and potentially dangerous. Remind your kids to be selective about who gets to follow them. It's ok to be picky in this case. Having huge amounts of followers is a status symbol, but it is also a bad idea to have all of your business out there for the world to see. That is why my kids will never be influencers, and I am a horrible mother for crushing their dreams. Just kidding! I feel great!

"How do you feel when you use social media?" Do those interactions build you up or leave you feeling down or left out? It may help to let your kids know how social media sometimes makes you feel- as if your house will never be as nicely decorated, your family vacations as stress-free, and your lunch as Instagram-worthy. Reality isn't as pretty, but it's real and that isn't so bad.

"What do you like to post?" It may help to know in advance what types of things your child is posting so that you can remind them that whatever they put out into the universe is out there forever and has the ability to travel far and wide and embarrass them for years to come, dashing their political aspirations, and ruining their chances of getting accepted to Harvard. Or worse, their grandma might see it, and no one wants to disappoint Nana.

"Have you seen anything on social media that you'd like to talk to me about?" Assuming your child pleads the 5th on this one, you may have to use an example of your own. "It really upset me when I saw that Mrs. Crabapple was posting personal details about her last appointment with the podiatrist and included pictures and a rather nasty comment about the staff at the office. This was all information that I did not need to know and it wasn't very nice. Hopefully that ointment will work for her." This lets your kids know that there are some things better left unsaid. And that may be the best advice of all.

Julianne



See page 3 for details about
an upcoming Internet Safety
Parent Program!



PLAN ON IT!*

*Put this stuff in your calendar!

TEN **10** YEARS

OFMS Bulldog Theatre Company

presents



Join 32 cast members and 41 crew members as they celebrate the 10th Anniversary of BTC!

These talented middle-schoolers, under the direction of Mr. Eric Bartkowski, will present a big, ambitious production: Andrew Lloyd Webber's Cats!



Performance Dates:
October 27, 28, & 29
7:00 PM at OFMS

Ticket Prices: \$5 Adults, \$3 Students, free for students 3rd grade and below & senior citizens
Just in time for spooky season...
celebrate **TEN YEARS** with OFMS
BTC!

Save the Date

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

Thursday, January 19, 2023
(Tentative Date)

7:00-8:00 PM

OFMS Cafetorium

Open to all parents

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

Presented by Olmsted Falls Middle School
More info to come!



VOTE

Tuesday, November 8th

Go to Vote411.org

See what races are on your ballot

Find your polling place

Research individual candidates

Find contact information for candidates

...and more!



....and a few dates to remember for November

11/3- Falls-Lenox FAMILY WELLNESS NIGHT (details coming soon!)

11/8- NO SCHOOL FOR STUDENTS (Election Day)

PLAN ON ATTENDING! PARENT-TEACHER CONFERENCES
Falls-Lenox, OFIS, OFMS (student led) & OFHS conferences take place in November! Watch for info from your principal and make it a point to **BE THERE!** No excuses! (It's that important!)

GOOD STUFF

NO BAD JOKE

LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

Q. What do fishermen say on Halloween?

A. Trick or Trout!

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

THINGS THAT HAPPEN TO HALLOWEEN CANDY

HEDGER HUMOR for babble

IT GETS ...

DUMPED



SORTED



TRADED



STOLEN



SnackScience!

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

DISSOLVING CANDY EXPERIMENT

YOU WILL NEED

- Candy Corn (look for the gumdrop-like pumpkins too!)
- Peeps (ghosts and pumpkins)
- Other similar candies will work if your child has a food allergy (like mine!)
- Use Various liquids - cold water, hot water, vinegar, oil, seltzer, other?
- Toothpicks
- Clear cups
- Timer



INSTRUCTIONS

STEP 1. Measure and fill clear cups with each of the liquids you are using.

STEP 2. Place the candy in each of the cups and start the timer.

STEP 3. Observe what happens to the candy in each liquid.

Questions to ponder: Does the candy sink or float? Which liquid dissolves candy the fastest? The slowest? Make predictions and test theories.

STEP 4. EAT LEFT OVER CANDY (except candy corn, because, well, YUCK!) My daughter loves it. Go figure?

Go to littlebinsforlittlehands.com for more fun experiments

TRICK OR TREAT

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

