



SEPTEMBER 2023

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

- 9/12 OFMS PTA Mtg.- 7:00 PM @MS Media Ctr
- 9/13 OFHS College & Coffee- 7:00 PM @HS Rm 606
- 9/14 OECPTA Mtg.-7:00 PM @FL Cafeteria
- 9/15 Homecoming-Welcome Back, Bulldog Alumni!
- 9/19 OFIS PTA Mtg.- 7:00 PM @OFIS Media Ctr
- 9/20 OFHS Common App/Scholarship Essay Tips- 7:00 PM Rm 606
- 9/22 Falls-Lenox Picture Day
- 9/25 OFHS PTA Mtg- 7:00 PM @HS Media Ctr
- 9/26 OFMS Picture Day
- 9/26 FL/ECC PTA Mtg- 6:30 PM @Falls-Lenox
- 9/29 OFIS Picture Day



YOU'VE TOTALLY GOT THIS!

From the Editor

The calendar has flipped to September, and I'm still wondering why I didn't complete 98% of my summer bucket list. And by bucket list, I mean, an actual list of deep-cleaning projects requiring a bucket. Summer went by so quickly that I barely got to flip in my flops. Alas, summer ends no matter how much we try to hold on to it. I'm here with you, though, the parents and caring adults who get your students to school and support them even on the rough days (and there will be some rough days!) Raising kids is no walk in the park, but you're not alone. "In The Loop" is a resource for all ages and stages of Bulldog parenting, and will feature info from around Bulldog Country, parent-approved resources, activities, and ideas to support the learning and development of your favorite Bulldogs. Ready or not, we're back! Have a great year! Julianne Allen

September is National Preparedness Month!

How ready is your family for a natural disaster or emergency? **National Preparedness Month** is a great time to have the conversation and take steps to protect your family. Fortunately, in Bulldog Country we have not encountered a hurricane (yet?), a train derailment, or something equally as frightening. But, it's important to BE PREPARED. Visit [Ready.gov](https://www.ready.gov) for tips about making a plan for your family, building an emergency supply kit, talking to your kids about emergencies, and more. Hopefully, you'll never need to use your plan, but you can sleep better at night knowing you've got one. Being proactive is cool!

READY.GOV



NUMBERS THAT COUNT

1,994

Not only do we have FIVE dedicated PTA groups serving the kids and families of Olmsted Falls City Schools, the PTA membership numbers in OF are AMAZING! Of the 40,000 PTA members in the entire State of Ohio, last school year the Olmsted Falls PTAs totaled 1,994 of them...that's nearly 5% of the PTA members in the state! Won't you join them? See page 3 for info. The more parents and families advocating for kids, the better, and OF PTAs are taking over! First, Ohio, next THE WORLD!



Observations from an Empty Nest

by **Julianne Allen**

Family Engagement & Communication Specialist

My nest is empty this fall. Both of my children- yes, they are technically adults, but I haven't fully accepted that yet- are away at school. I'm now firmly on the "other side" of parenting, and it's not nearly as fun- or as awful- as I thought it would be. I've made a few observations over the past few weeks, and since I'm counting this as my talk therapy, you get to read them. (Thanks for "listening"!)

Back to School hits differently. You're not worried about the bus schedule, or the start and end times of school. (Unless you're trying to avoid the unavoidable Bagley Road traffic snarl.) You don't care about finding the purple pocket folder with prongs on the supply list, or what required summer reading your kid didn't do until RIGHT NOW. You don't need to go on a recon mission to get intel about your child's teacher. There's no shopping for "school shoes", or Pinterest-ing healthy lunch ideas for your kids to throw away. It's great! And it's not. While I'm happy for less to do this time of year, I don't have less to worry about. Which leads me to...

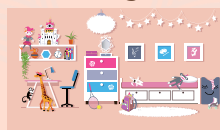


Bigger decisions with bigger consequences. Daily parental decision-making is exhausting. It's a labor-intensive, emotional roller-coaster guiding your precious angels on the path from infancy to 18. The step-by-step Instruction Manual for Perfect Parenting™ is out of print now, although your mother-in-law may be able to tell you what was in it. If you love your kids, and you are making the best decisions with the information you have, then you are succeeding.

I now worry about the bigger decisions that are no longer mine to make. Will my kids be safe and happy at college or living and working on their own? What career paths will they take? Can a person get a job doing "studio art"? (My youngest plans to find out.) Will they end up living on a commune for Gen-Z social-media influencers? Suddenly decisions like which preschool to send them to or whether or not to move them to a toddler bed seem like not such a big deal.



The extra space feels empty, and I'm in no rush to fill it. I've thought about this many times as I've looked upon two empty (mostly clean) bedrooms that used to house my girls. There are still tattered stuffed animals, paperback books, high school memorabilia, and in my youngest daughter's case, the bearded dragon that we are now caring for because she isn't considered an "emotional support lizard" and therefore isn't a dorm-friendly pet. The space is extra now, but I have no plans to do anything with it anytime soon. I hope they'll still want to come home, at least for the next few years, and right now I plan to leave things alone. Let's not call it a shrine. It's more like a "Teenage History Museum". Entry is free, but may cost a couple of tears.



This is what we wanted. Right? From the time our kids are born until they leave the nest, we are preparing them to eventually live their lives as adults. Perhaps that happens when they graduate high school and start a new job, enter the military, or head to college. While some have special needs or challenges and may not ever physically "leave" us, we strive to set them up to succeed in any way they are able. In the end, you get what you were supposed to want all along- for them to contribute to the world and find their own way. I say "supposed" to want, because there have been many days when all I want is to be pushing them in a stroller, waiting for them to get off the bus, cheering them on from the sidelines, even listening to them practice their saxophone (really!)

If your nest is still full, I hope you will enjoy it and embrace the day-to-day stuff with your children, including the good and not so good. As parents, our work is never done, empty nest or not. Perhaps you will have a lizard to take care of long after they go and the nest won't be so empty after all. I've got one you can borrow if you get lonely.



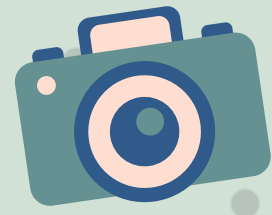
Have a great year, Bulldog Parents & Caregivers!

Julianne

PLAN ON IT!*
 *Important stuff to check out and put on your "to do" list!



DON'T FORGET PICTURE DAY!



9-22 FL
9-26 OFEMS
9-29 OFIS
10-4 OFHS
10-5 ECC



JOIN NOW

SCAN ME TO JOIN PTA!



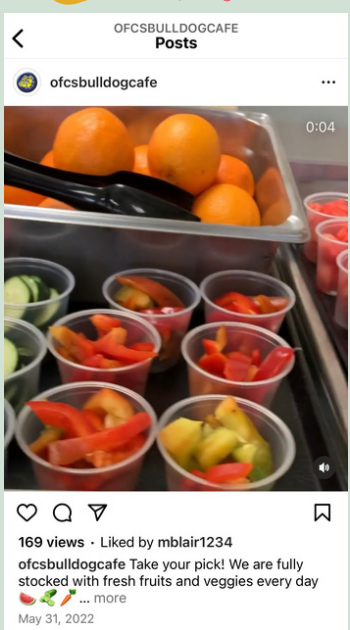
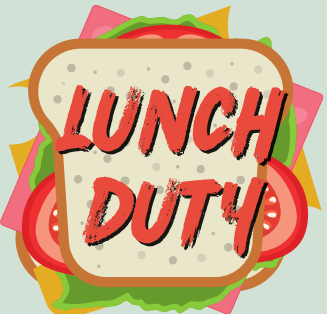
One of the easiest ways to support your child's school is to become a member of PTA! Simply by joining, you are supporting PTA's mission to promote the health, well-being, and education of every student! And if you read page one, you already know that the five PTAs in Olmsted Falls are highly engaged and an important resource for our students, teachers, and community. Scan the QR code above or click this link to access the PTA website. **JOIN TODAY!**

The College Application Workshop Series is back to answer your burning questions! Mark your calendar now. Visit **Counselors' Corner** for more info. Thanks, OFHS Guidance!

COLLEGE APPLICATION WORKSHOP SERIES 2023
 Workshops held at 7 PM in OFHS Room 606

Workshop	Date
College & Coffee Information Session An informative session for parents on the college application process including how to apply, order transcripts and test scores, letters of recommendation and Naviance. Parents of all grades are welcome, but most ideal for senior parents. *Seniors have a comparable lesson during school	Wednesday, 9/13/2023
Common Application & College/Scholarship Essay Writing Tips Get guidance on how to complete the Common Application and write a winning college/scholarship essay. This workshop will be interactive and students should bring their Chromebooks. All grades are welcome, but the workshop is most applicable to Seniors/Parents who are applying to college in the 23-24 school year.	Wednesday, 9/20/2023
Financial Aid Night Presented by College Now of Greater Cleveland Learn about the financial aid process (FAFSA) and scholarships from the financial aid experts at College Now of Greater Cleveland. Parents and students in all grades are welcome, but most ideal for juniors/seniors and parents. The FAFSA opens DECEMBER 2023 this year. The exact date will be announced by the Federal Government.	Thursday, 11/9/2023 Room 606

Are you already tired of packing lunches? Why bother when you can leave the work to the OFCS Food Service team! Take advantage of the healthy and delicious school lunches prepared daily for your kids! Parents, make sure your student knows their ID# (same as their Chromebook sign-in #) to use in the cafeteria to speed up the line and give them more time to eat. Remember to apply for free/reduced meals each year to see if you qualify. This school year, students who qualify for reduced-price meals receive FREE meals as part of the state's recently signed budget.



Visit the food service website to find menus, the meal application, and important updates. And follow **@ofcsbulldogcafe** on Instagram to see what we're serving and to learn about health and nutrition. **Take a break from lunch duty TODAY!**

FOLLOW US

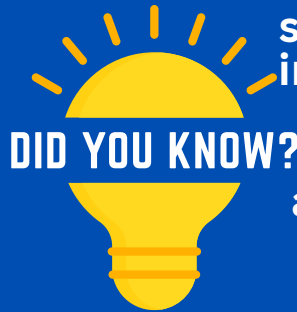


@ofcsbulldogcafe

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 the education, growth, and well-being of their children at home.

GOOD STUFF



DID YOU KNOW?

A new visitor management system is in place this year in all school buildings. This is for the safety and security of our students and staff. Thanks for your patience as we adjust to the new system. Questions? Contact your building principal.



WELCOME



ident-a-kid®
VISITOR
MANAGEMENT
SYSTEM IN USE

PROPER IDENTIFICATION
REQUIRED FOR BUILDING
ENTRY OR STUDENT PICK-UP

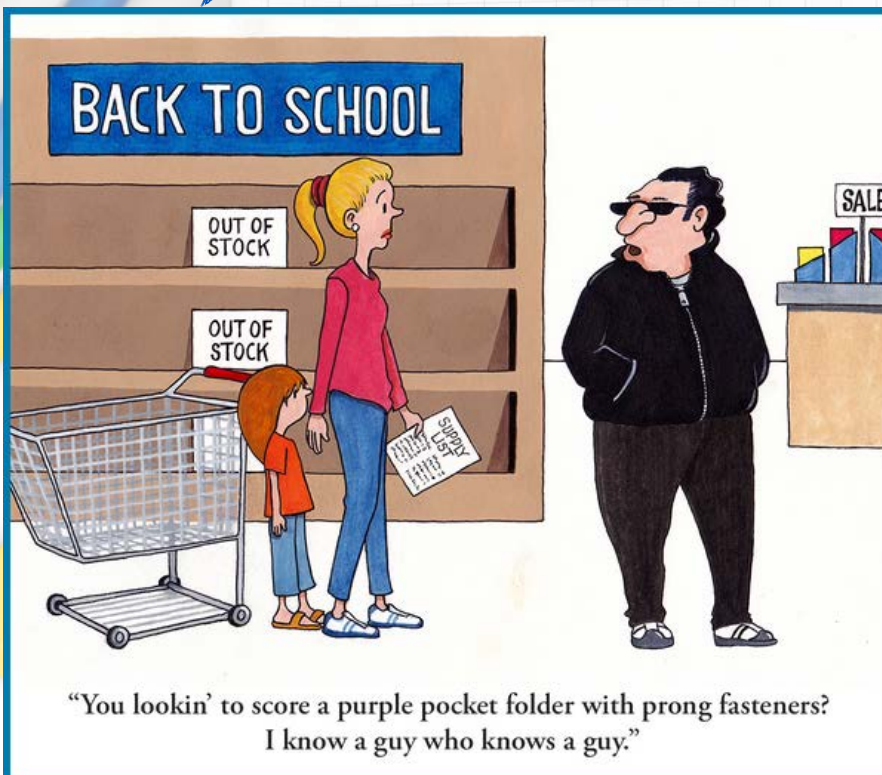


"TOTALLY QUOTABLE"

EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.

—Nelson Mandela

SERIOUSLY COMICAL



BACK TO SCHOOL

OUT OF STOCK

OUT OF STOCK

SALE

Supply List

"You lookin' to score a purple pocket folder with prong fasteners? I know a guy who knows a guy."

NO BAD JOKE

LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

Q. Why was the broom late for school?

A. He overswept! 😊

STAY "IN THE LOOP" ON TWITTER!

@OFCSLINK

@OFCSDistrict

