



**MAY/JUNE 2023**  
**Issue No. 7**  
**IN THE LOOP**  
 with LINK



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

**NUMBERS  
 THAT COUNT**



The number of children in 2021 who visited the ER after being injured on a trampoline\*

Summer is supposed to be fun, but with that fun comes some extra opportunities to get hurt. The worst culprit for injuries? The trampoline! According to [safefly.org](https://www.safefly.org), "Just under 100,000 children visited the ER in 2021 after being injured on a trampoline....for all age groups, trampolines were a top-three cause and the single biggest cause for children 10 and younger."

The American Academy of Pediatrics agrees that trampolines are not for everyone. Unless you are a trained athlete, in which case, jump away! For the rest of us, minor injuries or even permanent injuries can result from a bad landing or a mishap. We know trampolines are fun, but be careful and consider finding another way to jump for joy this summer.



Summer will FLY!  
 Find the '23-'24 School Year Calendar **HERE!**

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

- 5/1-5 Staff Appreciation Week for ECC & Falls-Lenox
- 5/2 Staff PD Day - NO SCHOOL FOR STUDENTS
- 5/4 OFHS Senior Local Scholarship Night- 7:00 PM @Grace Church
- 5/5 Wear GREEN for Mental Health Awareness Month!
- 5/8-12 ECC Wellness Week
- 5/8-12 Staff Appreciation Week for OFIS, OFMS, & OFHS
- 5/9 OFMS PTA Meeting- 7:00 PM @MS
- 5/10 4th Grade Field Trip to Swings-n-Things
- 5/11 Preschool ELA Workday (No School for Preschool Students)
- 5/11 5th Grade Field Trip to Swings-n-Things
- 5/12 OFHS Fine Arts Show- 3:00 PM- 8:00 PM @HS
- 5/12 OFIS Career Day - 4th Grade- 8:00-11:00 AM @OFIS
- 5/16 OFIS PTA Meeting- 7:00 PM @OFIS
- 5/19 OFIS Career Day - 5th Grade- 8:00-11:00 AM @OFIS
- 5/19 OFIS 5th Grade Luau- 1:15 PM @OFIS
- 5/20 OFHS Prom
- 5/22 OFHS PTA Mtg- 7:00 PM @HS
- 5/23 1st Grade Preview Night (current K students)- 5:30 PM @FL
- 5/23 Falls Lenox/ECC PTA Meeting- 6:30 PM @FL
- 5/24 Falls-Lenox Volunteer Breakfast- 7:30 AM @FL
- 5/24 ECC Vehicle Day
- 5/25 ECC- Last Day for Preschool Students
- 5/25 ECC Field Day
- 5/25 3rd Gr. Parent Mtg.- 7:00 PM @OFIS (entering 4th gr. Fall '23)
- 5/26 5th Grade Field Trip to Greenfield Village
- 5/29 Memorial Day Holiday - NO SCHOOL
- 5/30 OFIS 4th Grade Field Day (Rain date 6/1)
- 5/30 Senior Community Day
- 5/31 OFIS 5th Grade Field Day (Rain date 6/2)
- 6/1 OFHS Commencement- 7:00 PM @Vitamix Field
- 6/2 6th Grade Honors Program- 12:30 PM @MS
- 6/2 7th Grade Honors Program- 9:30 AM @MS
- 6/2 8th Grade Honors Program- 2:00 PM @MS
- 6/2 Last Day of School for Kindergarten Students
- 6/2 Falls-Lenox Field Day (Rain date 6/5)
- 6/5 8th Grade Cedar Point Trip- 8:30 AM-8:00 PM
- 6/6 5th Grade Honors Day- 8:30 AM @OFIS
- 6/6 8th Grade Promotion Program- 10:15 AM- 12:00 PM @OFMS
- 6/6 3rd Grade Picnic
- 6/6 OFMS Field Trips: 6th Gr.- Swings-n-Things, 7th Gr.-Bowling
- 6/6 **LAST DAY** FOR STUDENTS (Grades 1-11)

**HELLO SUMMER!**

# ARE WE THERE YET?

by Julianne Allen  
Family Engagement &  
Communication Specialist

Summer is nearly here, and we are planning the biggest family vacation we've ever taken with money we've been saving for years and more itineraries and logistics than I care to think about. That has me reminiscing about my family vacations of yore when travel was downright rustic. I'm a bit (a lot?) older than many who are reading this, so you may not understand this reference. Try to imagine a big gold station wagon (the original SUV) with brown paneling, a third "row" that faced backward, and no fancy audio or video hookups. (I think we only had AM radio, or at least that's all my dad would listen to). There was a bonus cigarette lighter which my siblings and I had fun playing with although nobody smoked, not a car seat in sight, and plenty of space to jump over the back seat and pummel your siblings if they got on your nerves after hours of "I Spy", the license plate game (still looking for Hawaii), and general fatigue and car sickness. Speaking of car sickness, the third "row" was actually more of a place to lie down with your pillows and blankets and try not to throw up. Seatbelts? Ha! Good one!

We'd travel for days on end, stopping at rest areas only to eat the slightly smushed sandwiches my mom had packed. We did not "do" drive-thrus for budgetary and health reasons, concepts that the children I live with would never understand. There was no GPS, only a map, which one of us would hold and pretend to know how to read. There were budget motels, turnpike bathrooms, and what felt like an eternity of asking "are we there yet?" Since we had no cell phones or means of communicating with the outside world, we had no way of knowing if we WERE there yet, other than the mile markers and the map we couldn't read. It was miserable...and yet...the best thing EVER? Is my old brain warping my memories, or was getting there half the fun?

It's like that saying, "life is about the journey and not the destination", which rings especially true for our children as they approach the end of another school year, and transition from one grade to the next, saying goodbye to classmates, teachers, and school buildings as they grow up and move on. As my youngest child graduates from Olmsted Falls on June 1, I am bombarded with memories from her last 13 years as a Bulldog. Yes, the destination of graduation has always been the goal. However, the experiences she had along the way...the ups (great teachers, field trips, activities, friends) and the downs (the norovirus outbreak on the 8th grade DC trip- YIKES!, COVID19 throwing a wrench into everything) were as equally important as her receiving her diploma.



Likewise, all of the points in your child's journey from Kindergarten at the ECC to their senior year at OFHS play a part in shaping them into who they will be once they leave Olmsted Falls. Though graduation is not the final stop in their life journey, it is the final destination as a Bulldog student. After that, it's up to them. They'll be prepared to chart their own course, and get to their destination...wherever that may be. There will be more ups, downs, soggy sandwiches and maybe even a map that they can't read (yet). But I'd argue that sometimes the road trip to get to where they're going is the best part.

Good luck to all graduating seniors and to ALL Bulldog students at your next stop! Have a wonderful summer!

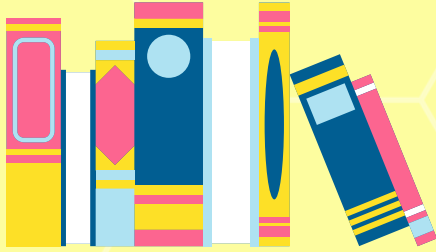




LOOK!

A bunch of BOOKS!

DREAM BIG -Read



Rather than feature one book in this space, why not check out bunches and bunches of books that your kids may want to read this summer? The Association for Library Service to Children (ALSC) has released their 2023 Summer Reading lists! There are four lists available for birth-preschool and grades K-2, 3-5 and 6-8. The lists are FREE to download HERE! They are created as a resource for children's librarians to share with parents and caregivers like YOU! Keep this link handy when you looking for something for your kids to read. And while you're at it, grab a book for yourself at the library too. Look at you, exercising that brain of yours!



the bee conservancy

Sure, summer is full of pests...pesky mosquitos, house flies that get in and won't leave, that annoying neighbor who mows the lawn at 7:30 AM on a Saturday...and bees. Wait a second...bees? Hold on, honey!

If we're talking about honey bees, then it would be a mistake to call them pests. According to [TheBeeConservancy.org](http://TheBeeConservancy.org), bees pollinate 1/3 of the food we eat, and they are dying off at unprecedented rates. Can you imagine a world without apples? Blueberries? Carrots? Almonds? What a buzz kill! Visit the LINK Approved link to learn how you and your family can help SAVE THE BEES!



MAY is MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month is a great reminder to be vigilant about the mental health of our children (and ourselves). In Olmsted Falls Schools, all of our schools have staff dedicated to counseling and supporting students. On May 5th, we encourage all students and staff to wear GREEN for mental health awareness.

If you are concerned about your child's mental health and wellness, and you don't know where to begin, visit our district website HERE to find all of the contact information for your school's support staff. And visit the National Alliance on Mental Illness ([nami.org](http://nami.org)) for more resources and information about Mental Health Awareness Month. Be well, Bulldogs!



JUNETEENTH is Monday, June 19th, 2023

According to [almanac.com](http://almanac.com), Juneteenth, also known as Freedom Day or Emancipation Day, is the oldest-known celebration marking the end of slavery in the United States on June 19, 1865. It commemorates the day, more than two months after the end of the Civil War – and more than two years after Abraham Lincoln issued the Emancipation Proclamation – when enslaved Black Americans in Galveston, Texas, were informed of their freedom. Looking for a way to commemorate the occasion? Check out MetroHealth Cleveland JUNETEENTH FREEDOM FEST on Friday, June 16- Saturday, June 17, 2023 at Mall C in downtown Cleveland. This is a city-wide, family-friendly celebration with fireworks, vendors, music, food, and family fun. The Smithsonian National Museum for African American History and Culture (featured in February's In The Loop) has a great guide for parents to use to help their children understand Juneteenth [HERE](#).

# GOOD STUFF

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



## T "TOTALLY QUOTABLE" Q

Some of the best memories are made in flip-flops.

KELLIE ELMORE



## NO BAD JOKE

### LIKE A DAD JOKE!

A cringeworthy new feature inspired by bad dad jokes everywhere

Q. What did the beach say to the tide when it came in?

A. Long time, no sea. (ugh!)



SERIOUSLY COMICAL



## Summer Rules

Sitting in the sun counts as an activity



Popsicles count as a meal



Hedger Humor

Feet count as shoes



Pool counts as a shower



www.hedgerhumor.com

tinyurl.com/hedgernews

## TECHNICALLY SPEAKING

### Tech Tips for Non-Techy Types



What is a VPN? A VPN is a Virtual Private Network, and your tech-savvy teens are probably a few steps ahead of you on this one. According to [Bark.com](https://www.bark.com/), "Parental controls that are used to block or restrict content, websites, and apps that deny access are based on the IP address of the user. When accessing the internet through a VPN, your filters see a different IP address so it isn't able to apply the rules. This means that your child can use a VPN to easily bypass the settings you've put in place to keep them from accessing restricted content or platforms." This is also a concern at school, where students may attempt to use VPNs to access blocked sites or inappropriate content. VPNs serve a legitimate purpose, as they allow users to connect to remote networks safely, for example, a remote worker trying to access their company's network from their home office. VPNs encrypt data and protect the identity of the user. However, kids using them to download content or access websites that would otherwise be off-limits to them can be dangerous and even illegal. What can you do? You're prepared with info now...so talk to your kids and let them know that you know more than they think you know...even if you're still figuring it out. For help, check out the article [VPN vs Parental Control](https://www.privacyjournal.net/) on [PrivacyJournal.net](https://www.privacyjournal.net/).

Thank you for reading "In The LOOP with LINK"! Have an idea for something you'd like to read about in future issues? Email your questions, comments, and suggestions to [OFCSLINK@ofcs.net](mailto:OFCSLINK@ofcs.net). See you next year! -Julianne Allen, OFCS Family Engagement & Communication Specialist

