

IN THE LOOP

with LINK

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

MAY IS MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month and a great reminder that student wellness and mental health are very important all year long. Every school building in Olmsted Falls has dedicated support services staff to help your student. 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 counselors, school psychologists, the district behavioral specialist, and district home liaison (social worker.) This has been a really difficult time for many. Caring for yourself is just as important as caring for your children.

YOU ARE NOT ALONE.

**YOU ARE
NOT
ALONE**



PARENT/FAMILY/COMMUNITY ENGAGEMENT OPPORTUNITIES & IMPORTANT DATES*

- 5/10-14 ECC Wellness Week
- 5/11 OFMS PTA Mtg- 7:00 PM
- 5/21 OFIS PTA Mtg- 8:00 AM
- 5/24 OFHS PTA Mtg- 7:00 PM (in person)
- 5/25 FL 1st Gr. Preview Night for Parents of Current Kindergarten students (in person)
 - 6:00 p.m. Last Name A-K
 - 6:30 p.m. Last Name L-Z
- 5/25 FL/ECC PTA Mtg- 7:00 PM (in person)
- 5/27 Last Day of Preschool
- 5/31 No School: Memorial Day
- 6/3 Commencement- 7:00 PM
- 6/4 Kindergarten Field Day
- 6/4 Last Day of Kindergarten
- 6/7 OFMS Honors Programs (Virtual)
- 6/8 FL 3rd Grade Picnic
- 6/8 OFIS 5th Grade Honors Day
- 6/8 OFMS 8th Gr. Promotion Program (Virtual)
- 6/8 Last Day for Students Grades 1-11



NUMBERS THAT COUNT

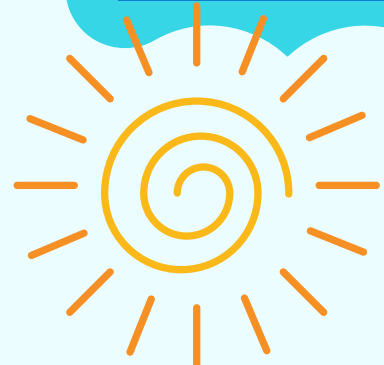
17,100,000

17.1 million young people in the US will have a mental health disorder by age 18 – more than the number with AIDS, asthma, diabetes, and cancer combined.*

*Source: childmind.org

YOU ARE NOT ALONE!

If you need a lifeline... save this number: **741741**. It could save you. Text HOME to **741741** for free crisis support. crisistextline.org.



*Most events are now virtual. Contact your building principal or visit www.ofcs.net for details.



Summer Good, Summer Bad

by Julianne Allen, Family & Community LINK Coordinator



OK, Olmsted Falls parents and caregivers, here we are, at the tail-end of the longest school year in the history of school years. What a doozy this one was! We've laughed, we've cried, we've laughed AND cried simultaneously causing us to look like unhinged Joker-like characters because let's face it- we were feeling a bit like crazed super-villains after a year of this stuff.

We made up new words like "remoted", as in "she remoted into class today." We learned that "hybrid" was not only a fancy fuel-efficient vehicle but also a half-n-half way of making sure that kids saw another person at least twice a week and that parents didn't completely lose it twice a week. We "masked up" in cutesy fabric patterns in the beginning and now in my case a bulk supply of "Cheapo-Depot" brand paper masks that get the job done and don't require washing (and can be tossed if they end up squished and dirty in the bottom of a backpack for weeks on end.)

We distanced ourselves physically at games and concerts or went completely virtual before it was permissible to be near anybody else for more than 15 minutes. And that's another word that took on a different meaning- "virtual". Dictionary.com, my favorite source for checking to make sure the "extra" words I like to toss into these ramblings are actually the correct words to use, tells us that the word virtual is *"most generally used to describe something as being the same as something else in almost every way, except perhaps in name or some other minor, technical sense."* So they are saying that virtual school is basically the same as regular school except for the minor, technical issue of **NOT BEING ANYTHING LIKE REGULAR SCHOOL AT ALL.**

Looking back at all of the memories from this year, I hope we can agree that summer good, and summer bad. (See what I did there?) Life gave us lots of lemons this school year, but this summer we can take those lemons and make lemonade. If you're lucky, there's a budding entrepreneur at your house who will set up a make-shift stand and sell that lemonade at a considerable mark-up. It's the least those kids could do after all the sacrifices you made to get them through this year! (Feel free to use that guilt trip when they aren't doing their chores, too- screeching this at high volume is optional.)

We'll get to make lots more memories this summer, and hopefully, ALL of them are good. We'll take the lessons of this year into the summer and appreciate more than ever the normal stuff that we took for granted. Perhaps our kids will need to play a little catch-up on the learning they missed and the books they should have read. (Be on the lookout for extended learning opportunities from OF this summer). Before you know it, we get to do this all again in the fall. Hopefully not ALL of it if you catch my drift. For now, it's nearly summer and we should all make the most of it. Summer good, indeed.



Child Mind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. The website <https://childmind.org/> is full of resources for parents and families to help navigate the challenges of raising kids. There is a symptom checker, parent resource guides, sections on all mood disorders, personal stories, parent workshops, and an "ask an expert" feature. It is presented in an easy-to-read format and is informative but not boring. Go on and take a peek this month in honor of mental health awareness. If you accidentally learn something, consider that a bonus!

STAY
"IN THE LOOP"
ON TWITTER!

@OFCSLINK
@OFCSDistrict



LINK NOTES!



Thank you for reading the first year of "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.

See you next year!

-Julianne Allen,

OFCS Family & Community LINK Coordinator

IN THE Summer TIME

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 their children's learning at home.



Other Kids in the Summer:

Outdoor camper!



Junior Lifeguard!



Avid Reader!



My Kid in the Summer:

What's the world record for the longest nap?



Hedger Humor

Because I'm going to break it!



tinyurl.com/hedgernews

www.hedgerhumor.com

SnackScience!

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

Ice Cream in a Bag!

INGREDIENTS

1 c. half-and-half

2 tbsp. granulated sugar

1/2 tsp. pure vanilla extract

3 c. ice

1/3 c. kosher salt

Toppings of your choice



In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Push out excess air and seal. Into a large resealable plastic bag, combine ice and salt. Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened. Remove from bag and enjoy with your favorite ice cream toppings.

HOW DOES IT WORK

The same reason salt is used on icy roads and sidewalks in winter explains why salt is mixed with ice to make ice cream. Salt causes the ice to melt. When salt and ice mix, the freezing point of the ice is lowered and the freezing point reached depends on the amount of salt used. The more salt is added, the lower the temperature can get before the saltwater solution freezes. When salt is added to ice (or snow), some of the ice melts because the freezing point is lowered. Keep in mind, however, that heat must come from somewhere to melt the ice. The heat that causes melting comes from the surroundings and, in this case, it's from the warmer cream mixture. By lowering the temperature at which ice freezes, you were able to create an environment in which the cream mixture could freeze at a temperature below 32°F (0°C) and become ice cream. The shaking (or stirring in an ice cream maker) moves the warmer cream mixture from the inside to the outside of the bag so it can freeze evenly. That way you make a smoother product. It also adds air to the final product so it's fluffed up a little bit. Yum! Got it, kids? We all scream for ice cream! And science!

adapted from Delish and Steve Spangler Science