

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

- 10/11 OFIS Title I Parent Night- 6:00 PM @OFIS
- 10/11 Screens & Social Media Parent Program w/ Dr. Barlow - 7:00 PM @OFHS (see pg. 3!)**
- 10/12 OECPTA Meeting- 7:00 PM @Falls-Lenox
- 10/13 NEOEA Day - NO SCHOOL
- 10/17 OFIS PTA Meeting- 7:00 PM @OFIS
- 10/18 Internet Safety & Social Media Parent Program w/OH ICAC- 7:00 PM @OFMS (see pg. 3!)**
- 10/24 Falls-Lenox/ECC PTA Mtg- 6:30 PM @ECC
- 10/27 OFIS Halloween Parade/Parties- 1:15 PM - 2:15 PM
- 10/30 ECC Kindergarten & Preschool Fall Fest
- 10/30 OFHS PTA Meeting- 7:00 PM @OFHS
- 10/31 Falls-Lenox Halloween Parade/Parties- 1:15 PM

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

**Registration encouraged.

FoodAllergy.org

As the mom of a now-grown "food allergy kid", I made it my mission to keep my child (and others like her) safe and included at school and in life!

Education is the key, and one of the best resources for educating yourself about food allergies is the Food Allergy Resource and Education organization FARE and their website,

foodallergy.org. This site contains everything you need to know about food allergies, including research, keeping your child safe at school, living with food allergies, support, recipes, and more. Whether you are a food allergy parent or not, be an ally and learn more about food allergies. Check out page 4 for information about the Teal Pumpkin Project, an easy way you can make kids with allergies feel more included this Halloween.



**LINGO
YOU SHOULD
KNOW**

(Helping non-educators everywhere understand what the heck stuff means!)

Benefits-Based Accountability

You'll hear more about this in the coming months, but be on the lookout for this phrase! Simply put, **Benefits-Based Accountability** is a fancy way of describing the system OF has adopted to demonstrate to you, our stakeholders, that we are delivering on the benefits you expect to receive from our school district. While the state of Ohio has chose to focus primarily on standardized test scores as the measurement of school quality, in Olmsted Falls we believe that our schools, and are students, are **SO MUCH MORE** than just a test score! Each school building's leadership is working on showing you how we are inspiring and empowering students every day, and preparing them to contribute to the world. Stay tuned for more information about **Benefits-Based Accountability** coming soon! Now you know the **LINGO!**



NUMBERS THAT COUNT

5.6 MILLION

is the number of children in the U.S. under 18 with food allergies. That's 1 in 13, or roughly 2 in every classroom! While food allergies are often used to elicit laughs in movies and TV shows, there is nothing funny about food allergies for those living with them. In fact, more than 40 percent of children with food allergies experienced a severe allergic reaction such as anaphylaxis. See the **LINK APPROVED** link at left to learn more and find out how you can help your own child or someone else's child stay safe this holiday season.

October is for Oversharing

(for a good cause...I promise!)

By Julianne Allen, Family Engagement & Communication Specialist



If you are a regular reader of this space, you know that I often go to great lengths to embarrass my children by sharing stories and giving unsolicited parenting tips based on my own (non-expert) experiences. Now that both of my kids are in college I feel even more liberated to share. They're too busy studying to pay much attention to this now. Right? So, this month I am going to share a very personal story that I finally feel I can write about here. I'm doing it for you, the parents and caregivers reading this who love your kids and want to be around to see them grow up.

October is Breast Cancer Awareness Month, but if you are a breast cancer survivor, like me, every month is breast cancer awareness month. Because once you've been through it, you are ever-aware. To make a (very) long story short...a routine mammogram saved my life. I was relatively young (40 when I discovered the lump). Early detection enabled my docs to immediately begin fighting an aggressive type of breast cancer. It didn't spare me from chemotherapy and years of surgeries and follow-up care...but it spared my life. That was ten years ago. It was awful for me of course, and for my husband and children too. It took a long time to get through it, yet here we are, doing pretty great, and I'm writing this because I want you to have the best chance to be around for your kids too.

Rather than go on and on about myself, as I may accidentally do from time to time, I will simply say this- TAKE CARE OF YOURSELVES. Ladies, get your mammograms and if you are considered too "young" for those, do your self exams. Men, go to the doctor regularly. YES, even if you don't feel sick. Do the self-exams you are supposed to do too. (You know what I mean).

This isn't just about breast cancer, it's about taking care of yourselves as much as you take care of your kids. In the words of every flight attendant everywhere, "Secure your own oxygen mask before assisting others." You take them to the doctor for their check-ups and immunizations, and if they aren't feeling well. But you can't help your kids grow up to be happy and healthy if you neglect your own health in the process.

As I write this, I am thinking about other friends and family who are fighting various cancers and other illnesses (including mental illness). I am thinking about a few who have already left this world, despite doing everything "right" in terms of their health, and about their families and children. And I am thinking about you, the moms, dads, relatives, neighbors, and friends who live in our Olmsted community and take care of one another. Make time for your own health and well-being. Don't miss regular check-ups and preventive care. Reach out for support. Give yourself the best chance to be here as long as possible. It isn't always enough, which is heart-breaking and unfair. But it is one thing that you can do that is in your control.

Thank you for letting me overshare. My kids aren't reading this are they?
Be well, Bulldogs. -Julianne



The American Cancer Society offers programs and services to help you during and after cancer treatment and can also help you find other free or low-cost resources available. Click [HERE](#) to visit their website.

PLAN ON IT!*

***Put this stuff in your calendar!**



Screens and Social Media: Helping Your Teen Develop Safe and Healthy Practices

- Understanding your teen's perspective
- Acknowledging the positives and negatives
- Setting realistic expectations
- Helping with decision-making and self-regulation

Program will focus on tweens and teens, but all parents and caregivers welcome! Free childcare available.

REGISTER NOW!

SCAN ME!

Presented by Olmsted Falls High School in partnership with the LINK Family Engagement Program

Wednesday, October 11, 2023 at 7:00 PM
Olmsted Falls High School Cafeteria
featuring **Dr. Meghan Barlow, Ph.D.**

Internet Safety & Social Media Parent Program - Internet Crimes Against Children (ICAC)
Wednesday, October 18, 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



- Registration encouraged
- Childcare available
- Adults only, please

Presented by Olmsted Falls Middle School in partnership with the LINK Family & Community Engagement Program



VOTE ✓

Tuesday, November 7th

Go to VoteOhio.gov

See what races are on your ballot, find your polling place, request an absentee ballot and more! (Remember- there is no school for students this day.)



PARENT-TEACHER 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!)



KNOW YOUR ZONE!

Learn the strategies we use at school...

...to think and talk about our feelings using the Zones of Regulation...

...and resolve conflicts using Kelso's Choices!

SAVE THE DATE

Grades K-3 Family Wellness Night
NOVEMBER 6th, 6:00-7:30 PM
at Falls-Lenox

Watch email for info and registration coming soon!

GOOD STUFF

NEW FEATURE

RANDOM ACTS OF AWESOME

NO BAD JOKE LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

Q. What do horses dress up as for Halloween?

A. Night-mares!



WHAT IS LINK?

LINK is an acronym for Learn, Inspire, Nurture, Know. The LINK Program is a district-wide family 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 and student well-being at home.

SERIOUSLY COMICAL

Guys, stop leaving empty wrappers in with all your candy!



It makes it harder for me to find the ones I want to steal.



www.adriennehedger.com FB: Hedger Humor

Random acts of kindness are cool, and random acts of awesome are even cooler! What's an easy way you can be awesome this Halloween? Place a teal pumpkin on your doorstep to let kids with food allergies know that you have non-food "treats" available to them. All kids should get to enjoy the fun of dressing up and going trick-or-treating. You can help kids who can't safely enjoy candy to participate with their friends AND get a special safe treat! Learn more about The Teal Pumpkin Project by visiting the "link approved" link on page one- foodallergy.org. Stay awesome, Bulldogs!



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

