



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



## NUMBERS THAT COUNT

# 17%

The lifetime prevalence of Non-Suicidal Self-Injury (NSSI) or self-harm among school-aged children is around 17%, with girls generally reporting higher rates than boys. Some studies show a prevalence of 19.4% for females and 12.9% for males, meaning roughly 1 in 6 school-aged children may engage in NSSI at some point in their lives. Learn more about the signs of self-harm below.

Source: National Institutes of Health

### March is Self-Harm Awareness Month

Self-harm refers to when a person hurts their own body on purpose. A person who self-harms usually does not mean to kill themselves, but they are at higher risk of attempting and/or dying by suicide if they do not get help. While most common in adolescents and young adults, younger children may also engage in self-harm.

Self-harm may be a way of coping with emotional distress or expressing intense feelings. Signs of self-harm include: unexplained frequent injuries (cuts, burns), scars on the skin in patterns or shapes, hiding injuries or scars, difficulty handling emotions, isolation or avoiding people, loss of interest or sad mood, and impulsivity. If you suspect your child is engaging in self-harm, do not delay in reaching out to your health care provider for help. Treatment often involves therapy and medication. For more information, check out the [Cornell Research Program on Self-Injury and Recovery](#).

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

3/3-7	ECC Right to Read Week
3/3-7	OFIS Book Fair
3/5-6	OFHS Spring Band Pops Concert- 7:30 PM @HS
3/7-8	OFMS Web Lock-In- 8:00 PM - 7:00 AM @MS
3/10-13	Falls-Lenox Right to Read Week & Book Fair
3/11	OFMS PTA Mtg.- 7:00 PM @MS Media Ctr.
3/11	OFHS Spring Choral Concert- 7:30 PM @HS
3/13	Falls-Lenox Family Literacy Night- 6:00 PM @FL
3/13	OFMS PTA Annual Dodgeball Tournament -6:30 PM @MS
3/13	OECPTA Meeting- 7:00 PM @FL
3/14	NO SCHOOL FOR STUDENTS- Staff Professional Learning Day
3/17-21	OFIS Right to Read Week
3/17-26	OFMS Book Fair
3/20-22	OFMS Bulldog Theatre Co. Spring Play- 7:00 PM @MS
3/21	OFIS PTA Meeting- 8:00 AM @OFIS
3/24	OFHS PTA Mtg.- 7:00 PM @OFHS
3/25	OFIS 4th Grade Choir Concert- 6:30 PM @OFMS
3/26-28	OFMS Grade 8 Washington DC Trip
3/26	FL/ECC PTA Meeting- 6:30 PM @ECC
3/31-4/4	SPRING BREAK- NO SCHOOL
4/7	School Resumes
4/10	OECPTA Meeting- 7:00 PM @FL
4/14-17	Falls-Lenox Career Week
4/15	Olmsted Work\$! Job Fair- 2:45-4:00 PM @HS- See pg. 3!
4/15	OFMS PTA Meeting- 7:00 PM @OFMS
4/17	Falls-Lenox Career Day
4/18-21	NO SCHOOL- Easter Break
4/21-25	ECC Wellness Week
4/22	OFIS PTA Meeting- 7:00 PM @OFIS
4/23	OFMS 5th Grade Parent Night- 7:00 PM @MS
4/24	ECC Family Fitness Night- 6:00 PM @ECC
4/24-26	OFHS Spring Musical- 7:30 PM @ HS
4/28	OFHS PTA Meeting- 7:00 PM @OFHS
4/30	FL/ECC PTA Mtg. 6:30 PM @FL

\*Registration for some events may be required-  
contact your building for details.

hello  
SPRING



## SPRING "BREAK"?

by Julianne Allen

Family Engagement & Communication Specialist

This winter has been a slog. The weather has been worse than I recall in quite a while (and remember—I'm from the 1900s). The kids had a few days off school, which was probably thrilling for them but not so great for you. I get it.

We've nearly made it to spring break, and as much as I'd love to say you deserve one, let's be honest—most of us won't get a "break" free from parenting responsibilities. That's just how these things work. "Snow" days, summer vacation, and spring break all mean one thing: kids aren't occupied at school. And when they're not occupied, they look to you—the ambassador of fun. And let's be real, that is not fun at all.

Whatever happened to letting kids be "bored" to spark their creativity? Hint: It usually just sparks whining.

Whether you're taking a vacation, a staycation, or working full-time while your children tackle each other and you fight the never-ending battle over screen time, just remember—like most things in life (except for that tattoo you got on spring break in college)—this situation is temporary.

Someday, your kids won't need you to cart them around, sign them up for sports and camps, or arrange playdates and trips to the library, the science center, the movies, or the mall. They'll make their own plans. They'll create their own fun. And you will no longer be expected to entertain them like a royal family's personal butler/concierge/chauffeur, breathlessly catering to their every whim.

But that's later. Right now, spring break is approaching, and you're still on the job. So set expectations low. Don't overspend on "things" when shared experiences as a family tend to be more meaningful. Don't stress if the kids get a little bored. We live in a 24/7/365 world of constant stimulation, and our children have grown used to that. Maybe, just maybe, you could see what happens if they have "nothing" to do. After all, Einstein wasn't on Snapchat when he made his grand discoveries. His mom probably just told him to stop fighting with his sister and go outside.

However you spend spring break, I hope you find a little rest and relaxation for yourself. Even ambassadors of fun need a day off. Enjoy, Julianne



"IN THE LOOP WITH LINK" is published periodically throughout the year for parents and caregivers in the Olmsted Falls School District. 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).

Thanks for reading! -

Julianne Allen,  
Family Engagement & Communication Specialist



# PLAN ON IT!

Plan on checking out these events and opportunities! Consider this your friendly reminder that there is A TON of stuff going on. You're welcome!



**Camp Invention**  
FUN & CREATIVITY COLLIDE AT  
**CAMP INVENTION**

Scan to secure your spot today!

LEARN MORE AT [INVENT.ORG/CAMP](https://invent.org/camp)

## SECURE YOUR SPOT TODAY!

Register at [INVENT.ORG/CAMP](https://INVENT.ORG/CAMP) or 800-968-4332

Grades: K - 6th

**Location:** Olmsted Falls Intermediate School  
27043 Bagley Rd, Olmsted Falls, OH 44138  
*Same Great Camp Invention Team, Just a New Location!*

**Dates:** June 23 - 27, 2025

**Time & Cost:** 9:00 AM to 3:30 PM | \$275 (before discount) | Less than \$9 per hour!

*Sibling Discount (up to \$40 off per child!) and Payment Plans Available at [INVENT.ORG/CISAVE](https://INVENT.ORG/CISAVE)*

**Camp Director:** Stephanie LaGruth | [slagruth@ofcs.net](mailto:slagruth@ofcs.net) | (440) 427-6400

If these dates/times don't work for you, please visit [invent.org/camp](https://invent.org/camp) for other locations near you.

Camp Invention is not a school-sponsored program or school-affiliated activity.

SAVE \$25 WITH CODE

**FUN25**

AT [INVENT.ORG/CAMP](https://INVENT.ORG/CAMP)

Offer expires March 20, 2025

Need a job?

**OLMSTED  
WORK\$!**

From teens to  
retirees—and  
everyone in  
between—this  
fair is for YOU!

**APRIL  
15**

Many area  
employers  
represented

Full-time, Part-time,  
& Seasonal  
opportunities

OFHS Main Gym open  
to job-seekers:

2:45 PM-  
4:00 PM

OFHS Students  
Students & Adults from  
Olmsted & nearby  
communities

**Community Job Fair**

Hosted by *Olmsted Falls High School*



26937 Bagley Road

## What Do You Think?

**Take the PBIS School  
Climate Family Survey!**

Let us know what you think about:

- Teaching and learning
- School safety
- Interpersonal relationships
- The institutional environment
- Parent involvement at school

**10 minutes.  
21 questions.**

Help us improve student  
relationships, learning conditions,  
and the overall school environment.

Check your email for the survey link(s) or scan the  
codes at right! Survey links are specific to each  
building. Thank you for your feedback!




Life bands on sale for \$5

**OFMS PTA**

**DODGEBALL  
Tournament**

March 13, 2025  
6:30 - 9:00 pm  
OFMS GYM

\$3 admission to the tournament  
Concession Stand will be open

OFHS Family Survey

SCAN  
ME



OFMS Family Survey

SCAN  
ME



OFIS Family Survey

SCAN  
ME



Falls-Lenox Family Survey

SCAN  
ME



ECC Family Survey

SCAN  
ME





## TAKE DOWN TOBACCO

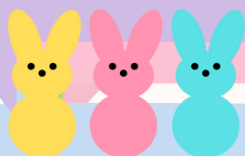
NATIONAL DAY OF ACTION

# 04.01.25



**TAKE DOWN TOBACCO  
NATIONAL DAY OF ACTION  
APRIL 1, 2025**

Youth advocates and their communities will come together on April 1 to stand up to Big Tobacco and call for action. Interested in getting involved? Visit [www.takedowntobacco.org](http://www.takedowntobacco.org) to join the movement. Together, we can achieve the first tobacco-free generation!



## TECHNICALLY SPEAKING

### Tech Tips for Non-Techy Types



If you missed the Internet Safety & Social Media Parent Program on 3/3 you missed a lot! There are many resources available to help parents guard the safety of their children online. Check out [ConnectSafely.org](http://ConnectSafely.org), [commonsensemedia.org](http://commonsensemedia.org), [internetmatters.org](http://internetmatters.org), [thesmarttalk.org](http://thesmarttalk.org), and [esrb.org](http://esrb.org) for information about parental controls, privacy settings, internet safety, ratings for apps and video games, and more. Don't "assume" your child won't be exposed to dangerous or explicit content or internet predators. Educate yourself today!

Thanks to Director of Food Services Sam Chin, students observing Ramadan have the option to take home a meal during this period of fasting through March 28. The mission is to provide healthy, delicious meals to all children, ensuring they receive the nutrition they need to do well in school. Students receiving free/reduced government meal benefits, may have these meals for free. Otherwise they will be the cost of a normal lunch. Please contact your school to sign up. Thank you to Mr. Chin and his staff for supporting students and their families during this time.

## LUNCH DUTY!



## SnackScience!

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

### DISSOLVING PEEPS!

I don't love to eat Peeps, but they sure are cute! If you've got some left over, why not donate them to science? LittleBinsForLittleHands has so many fun activities using Peeps!

Here's one...what happens to Peeps candy when you put them in different liquids? Testing how easily peeps dissolve in different liquids or their solubility is a classic science experiment and so much fun to do with candy!

**SUPPLIES:** Cups, Peeps, and a variety of liquids from the kitchen! Try hot water, cold water, vinegar, juice, cooking oil, or any other non-toxic kitchen "liquid" you have on hand.

**SET UP/PROCESS:** Start by pouring the same amount of liquid into each cup. What happens to the peeps in the liquids after a certain amount of time?

**SIMPLE SCIENCE:** Peeps are water soluble meaning they can be dissolved by water because they are made of sugar. You will notice the color from the peeps dissolve the fastest. If you choose to use vinegar (good idea), you will notice the acidity from the vinegar breaks down the peeps the fastest. Have the kids make predictions, use a timer to track the progress of each liquid, write down observations, and ask questions like "How can you dissolve a floating peep when you can't immerse it in the liquid?"

Go to [littlebinsforlittlehands.com](http://littlebinsforlittlehands.com) for more fun experiments!

MARCH/APRIL 2025 IN THE LOOP with LINK





# GOOD STUFF

HAPPY  
**PASS  
OVER**  
April 12-April 20

## 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.



## DAYLIGHT SAVING TIME BEGINS SUNDAY, MARCH 9th at 2:00 AM!

Don't forget to **SPRING** forward! Set your clocks one hour ahead! So sorry!



**Eid  
mubarak**

Click  
[HERE](#) to  
learn more!

"Eid Mubarak" is an Arabic phrase that means "blessed feast" or "blessed festival". It's used by Muslims around the world to greet each other during the holidays of Eid al-Fitr and Eid al-Adha.

**SERIOUSLY  
COMICAL**



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



**NO BAD JOKE**

## LIKE A DAD JOKE!

A cringeworthy feature inspired by bad dad jokes everywhere

**Q: Why did the dad wash the trampoline?**

**A: It was time for some spring cleaning!**



## A Kid's Guide to Chores

By Hedger Humor for Momtastic

### Folding Laundry:

Mold the clothing into squarish lumps.



### Sweeping:

Swirl broom aimlessly while slowly walking around.



### Putting Pots and Pans Away:

Throw them in and slam the door before they fall out.



### Cleaning Room:

Shove everything under bed.



**"TOTALLY QUOTABLE"**

**YOU CAN  
CUT ALL  
THE FLOWERS  
BUT  
YOU CAN'T KEEP  
SPRING FROM  
COMING.**

**PABLO NERUDA**

