

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

- 5/5-9 PTA Staff Appreciation Week: ECC, FL, OFMS, OFHS  
 5/7 OFIS PTA Staff Appreciation Day 1 (other days: 5/13, 5/19, 5/27)  
 5/6 Election Day/Staff PD Day - NO SCHOOL FOR STUDENTS  
 5/7 OECPTA Meeting- 7:00 PM @ FL Cafeteria  
 5/8 OFHS Spring Choir Pops Concert- 7:30 PM @HS  
 5/8 Falls-Lenox Grade 3 Parent Meeting 7:00 PM @OFIS  
 5/9 Special Olympics- Ely Stadium in Elyria  
 5/9 OFHS Annual May Art Show- 3:00 PM-8:00 PM @HS  
 5/9 OFMS Band/Choir Large Group Contest- 3:30 PM @Avon Lake HS  
 5/10 OFMS Jazz Band - Music in Parks (Sandusky)  
 5/12 OFIS 5th Grade Swings-N-Things Trip  
 5/12 Falls-Lenox 3rd Grade Visit to OFIS  
 5/13 OFMS PTA Meeting- 7:00 PM @MS  
 5/13 & 5/15 OFHS Spring Band Pops Concert- 7:30 PM @HS  
 5/14 OFHS English Honor Society Poetry Night- 6:00 PM @HS  
 5/14 OFIS 4th Grade Swings-N-Things Trip  
 5/15 OFHS Field Day & You Do You Day  
 5/16 Wear GREEN for Mental Health Awareness Month (see pg. 3)  
 5/16 OFIS 5th Grade Greenfield Village Field Trip  
 5/16 OFIS Career Day - 4th Grade  
 5/16 Falls-Lenox 3rd Grade Bulldog Party Rock- 6:00 PM @FL  
 5/17 OFHS Grand March/Prom/Post Prom  
 5/17 OFMS Golden Harmonies to Cedar Point  
 5/19 OFHS PTA Meeting- 7:00 PM @OFHS  
 5/20 OFIS PTA Meeting- 7:00 PM @OFIS  
 5/21 Falls-Lenox Volunteer Breakfast- 7:30 AM @FL  
 5/21 OFMS Spring Choir Concerts & Golden Harmonies-  
 Grade 6- 6:30 PM, Grade 7- 7:30 PM, Grade 8- 8:30 PM @MS  
 5/21 ECC Vehicle Day  
 5/22 PTA Council Volunteer Dinner- 5:30 PM @OFHS Cafeteria  
 5/22 & 5/23 Falls-Lenox 1st Grade Lake Farm Park Field Trips  
 5/23 OFIS 5th Grade Luau- 1:15 PM @OFIS  
 5/22 & 5/23 ECC KG to Falls-Lenox (K-1 Transition Trip)  
 5/26 Memorial Day Holiday - NO SCHOOL  
 5/27 OFIS 4th Grade Field Day  
 5/27 OFHS Baccalaureate- 7:30 PM @HS  
 5/28 OFIS 5th Grade Field Day  
 5/28 ECC First Grade Preview Night- 5:30 PM @FL  
 5/28 Falls-Lenox/ECC PTA Meeting- 6:30 PM @FL  
 5/28 OFMS Spring Band Concerts - Grades 6, 7, 8- 6:30 & 8:00 PM @MS  
 5/28 ECC Field Day  
 5/29 Commencement- 7:00 PM @ OFHS Harding Memorial Stadium  
 5/30 Falls-Lenox Field Day  
 6/2 OFMS Grade 8 Cedar Point Trip  
 6/2 & 6/3 ECC Kindergarten Bridge Ceremonies  
 6/3 OFMS Honors Programs: 7<sup>th</sup>- 9:30 AM, 6<sup>th</sup>- 12:15 PM, 8<sup>th</sup>- 1:45 PM  
 6/4 OFIS 5th Grade Honors Day- 8:30 AM @OFIS  
 6/4 OFMS 8th Grade Promotion Program- 10:15 AM @MS  
 6/4 OFMS 6th Grade to Swings-N-Things, 7th Grade to Bowling  
 6/4 Falls-Lenox 3rd Grade Picnic- 12:30 PM  
 6/4 Last Day for Students (Grades Preschool-11)

**LAST DAY****NUMBERS  
THAT  
COUNT****3 3 %**

The number of adolescents who reported having gambled in the past 12 months.\*

It is no surprise that teens often lack the understanding about finances and may not make the best choices when spending their money. Due in part to a 2018 Supreme Court decision giving states the power to legalize sports betting, on-line gambling is now at the top of the list of the risky spending behaviors of teens.

While gaming sites are mostly age-restricted, savvy teens have no problem finding their way around those restrictions.

It is important for parents to talk early and often to their children about finances and personal responsibility. In Olmsted Falls, all students are required to complete a financial literacy course prior to graduation. Keep the conversations going at home, parents!

\*Source: [The Lancet Public Health](#)





## Mistakes Were Made...

By Julianne Allen, Family Engagement & Communication Specialist

I am usually pretty good at making fun of myself. I've found that admitting my shortcomings is a coping mechanism that works almost too well. Over the years, I've gotten very comfortable being open and honest about how hard it is to raise children. This year in particular has really stretched the limits of my modest skill set as a "professional parent." I'm reminded every single day just how little I actually know about doing the most important job in the world.

I often joke that I must have been absent the day they handed out the big parenting instruction manual. While I know no such manual exists, it does sometimes feel like I'm the only one who has no idea what the heck they're doing in the parenting department. There couldn't be a more difficult job for which most of us are completely unprepared. Sure, we may take a prenatal childcare class and learn how to change a diaper or burp a baby, but once that child arrives and they send you home from the hospital on a wing and a prayer—all bets are off. It's on you, and only you (and your partner, who probably knows as little or less than you do), to raise this tiny human you brought into the world.

To say that being a parent is humbling is a huge understatement. Just when you think you've got things figured out, life throws you a curveball. I've got two young adults now—one who has graduated college and is living in NYC, and another who's finishing her sophomore year in college. You'd think the days of worrying about their every move and questioning whether I adequately prepared them for life would be behind me. Alas, my worries have simply evolved. When they were younger, I worried about their growth and development. As they entered school, I worried about their grades, friendships, and whether they were doing enough to get into college or succeed in a career. Now, I worry about their relationships, how they'll pay their bills, and whether my many parenting mistakes will send them to therapy. (Not that there's anything wrong with therapy—unless they don't have insurance, which is another worry of mine!)

I like to think the amount of love I have for my kids makes up for my many shortcomings. Honestly, that's the only way I stay somewhat sane. Even now, when they call with a problem or need advice, my instinct is to rescue them from whatever pain or difficulty they're facing. I want to shield them from the harshness of the world that I'm not sure I adequately warned them about. But deep down, I know I did my very best to prepare them for life on their own. I know I made mistakes—because that's what humans do—but I also owned those mistakes. That's where making fun of myself comes in. I'll admit I'm a wreck sometimes. I'm not a perfect parent or person. But oh, how I love them. I hope that love earns me a little grace.

As another school year ends and your children continue to grow up, know that the challenges will keep coming. Problems you never saw coming ARE coming. I promise. And it's okay to admit that you don't always know exactly what to do. If you did, that would mean you read that imaginary manual I mentioned earlier. No, you're probably a lot like me—you love your children more than anything, and you're doing your best to raise them, prepare them for life, and not mess them up too badly. As a child of the '80s, I think it's safe to say my parents didn't quite have it all figured out either. We were thrown to the wolves! 😊

As you reflect on this school year, I hope you feel proud and excited for your children as they continue to learn and grow. Give yourself credit for loving them and doing your best to show it. If you've made a few mistakes along the way, congratulations—you've joined the rest of us. The "perfect parent" club is very small, and let's be honest... everyone in it is lying through their teeth!

Have a great summer, you imperfect Bulldog parents. You've done your best this year.



Summer will FLY! Find the '25-'26 School Year Calendar [HERE!](#)



MAY/JUNE 2025 IN THE LOOP with LINK



# PLAN ON IT!

Plan on checking out these events and opportunities!



## MAY IS MENTAL HEALTH AWARENESS MONTH

The National Alliance for Mental Illness (NAMI) has chosen the theme "In Every Story, There's Strength" for Mental Health Awareness Month to "...highlight the resilience and diverse experiences that shape mental health journeys within our community."

By embracing and sharing our challenges, we empower others to do the same.

Throughout the month all Olmsted Falls school buildings will be illuminating this in various ways and events (highlighted in social media and building newsletters). We will wear **GREEN** on May 16<sup>th</sup> as a show of support and to raise awareness about mental health.

Your child's mental health and wellness are a priority to us. If you have concerns about your child's well-being, visit our district website [HERE](#) to find the contact information for your school's support staff. And visit the National Alliance on Mental Illness ([nami.org](#)) for more resources and information about Mental Health Awareness Month. You are not alone!



## FUN & CREATIVITY COLLIDE AT CAMP INVENTION

Get Smart this Summer at Camp Invention!  
Register at [INVENT.ORG/CAMP](#) or 800-968-4332

Grades: K - 6th

Location: Olmsted Falls Intermediate School  
27043 Bagley Rd, Olmsted Falls, OH 44138

Dates: June 23 - 27, 2025

Time & Cost: 9:00 AM to 3:30 PM  
\$275 (before discount)

Secure a spot by May 15 to SAVE \$15 using code  
INVENT15.

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



## JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH



Did you know that the brain changes that cause Alzheimer's are thought to begin 20 years or more before symptoms start? This means that there may be a window of time in which we can intervene in the progression of the disease.\*

As someone with a parent diagnosed with Alzheimer's, it is something that I think about every day. How can I keep my brain healthy? Is there anything I can do to protect myself from this disease?

There is no single cause of Alzheimer's, but experts agree there are a few things we can do to help reduce our risk. Check out [10 Healthy Habits For Your Brain](#) for tips on keeping your brain healthy. For more information about Alzheimer's Disease, including resources and support, visit the "LINK APPROVED" Alzheimer's Association website. Be kind to your mind!

SOURCE: ALZHEIMER'S ASSOCIATION



A bunch of  
BOOKS!



Don't miss the Summer Reading Challenge at the Cuyahoga County Public Library! Set reading goals, earn prizes, have FUN! Register online [HERE!](#)



# GOOD STUFF



STAY  
"IN THE LOOP"  
ON INSTAGRAM!

@OFCSLINK  
@OFCSDistrict



## QUICK QUESTION:

**Q:** What is the Bulldog Blog and why the heck should I read it?

**A:** If you're reading "In The Loop" then you are obviously someone with good taste who wants to be "in the know!" That's why you should remember to check out The Bulldog Blog, published 1-2 times per month and sent to all families via email.

The blog contains a wrap-up of all of our social media feeds (we know that it is hard to keep up!), important reminders, news from across the district, and highlights of recent district-level communications. Bonus: each blog has an entire section devoted to community events like youth sports, programs, scouts, family events, fundraisers, and MORE.

There are a few blogs left to come this school year. Take a minute or two and see what you've been missing!

[www.ofalls.wordpress.com](http://www.ofalls.wordpress.com)

SERIOUSLY  
COMICAL

### First week of school:

Sandwich cut in a cute shape,  
sliced fruit, encouraging note.



### Last week of school:

Handful of croutons wrapped in foil.



NO BAD JOKE

LIKE A DAD JOKE!  
A cringeworthy feature inspired by  
bad dad jokes everywhere

Q. Why aren't lobsters  
generous?

A. Because they're  
shellfish!

Sunday, May 11



HAPPY  
FATHER'S  
DAY

Sunday, June 15

### What is LINK?

OFCs  
**LINK**  
Family, School, & Community Engagement



LINK is an acronym for Learn, Inspire, Nurture, Know. The LINK Program is a district-wide family-community engagement resource. The goals of the program are to connect the Olmsted Falls School District with parents and families, to encourage two-way communication, and to help parents support learning at home.