FEBRUARY 2024 Issue No. 6

IN THE LOOP
with LINK

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

Upcoming Parent/Family/Community Engagement Opportunities & Important Dates

2/7 ECC Kindergarten Information Night- 5:30 PM @ECC
2/7 OFHS Incoming Freshman Orientation Night- 7:00 PM @OFHS
2/8 OECPTA Meeting- 7:00 PM @Falls-Lenox
2/9 OFIS Valentine's Day Celebrations- 1:15 PM
2/12 OFMS PTA Meeting- 7:00 PM @MS
2/14 ECC Valentine's Day Celebrations
2/14 Falls-Lenox Valentine's Day Celebrations- 1:15 PM
2/15 OFHS PTA Battle of The Schools- 7:00 PM @HS- see pg. 3!
2/16 Staff Professional Learning Day- NO SCHOOL FOR STUDENTS
2/19 Presidents Day - NO SCHOOL
2/20 OFIS PTA Mtg.- 7:00 PM @OFIS
2/22 ECC Family Math Night- 6:00 PM @ECC
2/22 Humble Conversations w/Dr. James Knight- Session 2- 6:00 PM @OFMS Media Ctr.-see pg. 3!
2/26 OFHS PTA Mtg- 7:00 PM @OFHS Media Center
2/27 Falls Lenox/ECC PTA Meeting- 6:30 PM @FL

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

RandomActsOfKindness.org

If you're looking for ways to practice kindness, look no further than this LINK APPROVED link!

RandomActsOfKindness.org is an incredible resource for all things KIND! In addition to tons of resources for schools, families can download lesson plans for all ages with kindness activities to do at home, print out a monthly workplace calendar with ideas for adults to practice kindness at work, find more information about celebrating Random Acts of Kindness Week (see right!), print coloring pages, Kindness BINGO, and more!

make kindness the norm.
randomactsofkindness.org

The best way to get our kids to BE KIND is to show them how it's done! Make a commitment to kindness this year and make kindness the norm!

NUMBERS THAT COUNT

23%

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population!*

Did you know that there are actual health benefits to being KIND? According to the Random Acts of Kindness Foundation, there are many scientifically-proven benefits of kindness. Not only do kind people have lower levels of cortisol, kindness produces endorphins which decrease pain, and helps increase positive moods in socially anxious individuals.

In Olmsted Falls, we already KNOW how cool kindness is. It is so important to our school culture that it is part of the Bulldog Way that ALL kids learn: Be Safe, Be Respectful, Be Responsible, and BE KIND!

Practice kindness year-round, or dedicate some time during Random Acts of Kindness Week February 11-17 to being KIND. It costs nothing, and the benefits are SO rewarding!

Look left for more resources.

*Source: Random Acts of Kindness

ONE DAY KINDER

By Julianne Allen
Family Engagement & Communication Specialist

Have you heard the news? Of course you have…it's a leap year! And while some of us may yawn (or even grimace) at the thought of an extra day in February, I'm excited. After all, other than the Summer Olympics, it the most fun thing to happen once every four years! (Note my deliberate omission of any reference to the NOT REMOTELY FUN AT ALL presidential election. Ugh.)

Here's the brief and kinda/sorta historically accurate origin of Leap Year: The Egyptians created a 365-day calendar that mimicked the Solar Calendar allowing them to keep their seasons on point. That worked for 3,000 years until Julius Caesar had to finally admit that winter was "a thing" and created his own 12 month, 365-day calendar knocked off from the Egyptians. (Rude, but probably too late for them to sue.)

A few years later somebody (nerds rule!) figured out that the earth actually has 365.24 days per year. So because he didn't already have enough going on, Caesar decided to declare himself Father Leap Year ™ and decree that an extra day should be added to the calendar every four years to keep our solar calendar and our iPhones in sync. Or something like that.

So, we get an extra day this year. What will you do with yours? Because it is a school day, our kids will be ONE DAY SMARTER, as our Superintendent Dr. Jim "Julius" Lloyd likes to point out when NOT calling a "snow day". You'll probably be at work, unless there is some sacred leap day holiday that you can claim as a personal observance. So you'll be ONE DAY MORE GAINFULLY EMPLOYED, or ONE DAY CLOSER TO RETIREMENT, depending on how much you enjoy your job.

What about people who were born on February 29th? According to the History Channel, "February 29th is the rarest birthday someone could have. Still, at least 5 million people celebrate their birthday on leap day. Your odds of being born on February 29th are one-in-1,461." Hmmm. I always thought that being born on 2/29 would be cool. It's an excuse for a big bash and more presents. Now that I think about it, the off-years must kind of stink. You have to pretend your birthday is 2/28 or 3/1. Your best strategy is to try to stretch your birthday celebrations out for a week or two like I do despite having a birthday no where near February 29th. It's the right thing to do in this or any case.

Anyway, about that extra day. Going with the theme of this issue of "In The Loop", could we find a way to be ONE DAY KINDER on 2/29? Could we do something on that extra day that will make someone else's extra day better? What if we ALL made 2/29 ONE DAY KINDER? We could involve our kids, spouses, co-workers, and whomever else we encounter that day. We could smile more and gripe less (I'm talking mostly to myself here!) We could think of someone other than ourselves for a day, and go out of our way to BE KIND. Unless of course, February 29th is YOUR birthday. Then you have my permission to BE KIND to YOURSELF and soak up the attention and love. It's your day!

No matter what you do on February 29th, make it count. We'll be waiting four years for this to come again, and who knows what will happen in between? (Did I mention the total solar eclipse that is coming to turn our lives upside down? More on that next month!) For now, Happy Leap Year to all who celebrate!

Julianne

PLAN ON IT!*

*Plan on checking this out!

DON'T MISS!

SESSION 2

Humble Conversations

An interactive workshop series for parents and caregivers

with Dr. James Knight

MISSED SESSION 1? NO PROBLEM! ALL ARE WELCOME!

Session 2:
THURSDAY, FEBRUARY 22
6:00–7:30 PM
OFMS MEDIA CENTER

Join Dr. Knight and other parents and caregivers as we learn about

Parental Humility and BRIDGING THE CULTURAL DIVIDE

by having the COURAGE

to engage in Humble Conversations

FREE COPY OF DR. KNIGHT'S BOOK, "HEART" FOR ALL ATTENDEES!

SPACE IS LIMITED!

REGISTER NOW!

SCAN ME

bit.ly/humbleconvo2

Presented in partnership with the LINK Family Engagement Program

OFHS PTA presents the 20th Annual

Battle of the Schools

Come watch OF District Teachers & Staff Dodge, Duck, Dip, Dive & Dodge

OFHS Main Gym
Doors open at 6:30, Play starts at 7PM

February 15

$4 students & $6 adults
Concessions available

All proceeds benefit Senior Scholarships

SHOW SOME LOVE! HELP PTA COUNCIL RAISE $ FOR SENIOR SCHOLARSHIPS

JOIN OUR FUNDRAISER AT RAISING CANE'S!

Mention the fundraiser at the register and Cane's will donate 15% of sales to:

Senior Scholarship Fundraiser

DATE & TIME:

February 12, 2024 from 04:00 PM - 10:00 PM

LOCATION:

25821 Brookpark Rd, North Olmsted, OH 44070
+1 440-454-8754

PTA COUNCIL FUNDRAISER

HELP US RAISE MONEY FOR SENIOR SCHOLARSHIPS.

Crumbles BAKESHOPPE HAS PREPARED A DELICIOUS FUNDRAISER FOR US! CLICK THE LINK BELOW TO SEE ALL OF THE VALENTINE GOODIES THEY HAVE AVAILABLE.

LINK TO PLACE ORDER

ORDER PICKUP:
TUES, FEB 13TH AT OFHS CAFETERIA 5-7PM
OR
PORCH PICK-UP IN WOODGATE (DETAILS WITH ORDER RECEIPT)

BE MY VALENTINE?

Northeast Ohio Parent CAMP & SUMMER PROGRAMS FAIR

Registration is now open for Northeast Ohio Parent's 2024 Camp & Summer Programs Fairs. All events are FREE to attend. Register today!

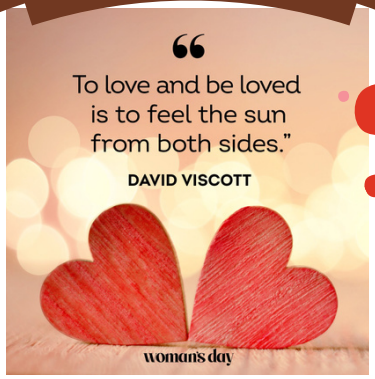
Meet with representatives from a variety of camps and summer program options for your kids to help get the planning started!

WEST EVENT
SUNDAY, MARCH 3
11 A.M. – 2 P.M.
LAKE RIDGE ACADEMY
NORTH RIDGEVILLE, OH
REGISTER HERE

LEARN MORE

GOOD STUFF

"TOTALLY QUOTABLE"



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. What did one light bulb say to the other on Valentine's Day?

A. "I love you a whole watt!"

SERIOUSLY COMICAL

Kids Before Valentine's Day

Safer Internet Day aims to not only create a safer internet but also a better internet, where everyone is empowered to use technology responsibly, respectfully, critically and creatively. Join ConnectSafely.org for a free virtual event on 2/6 hosted in partnership with National PTA. This event will explore:

- **Generative AI and what it means for your family**
- **Impact of influencers and celebrities**
- **When kids feel left out**
- **talking to kids and teens about difficult topics**
- **Pressure to be perfect**
- **Online bullying & harassment**

Visit https://saferinternetday.us/family-program/ for more info and to register for this event.

LUNCH DUTY

SNACK-SIZED UPDATES FROM OFCS FOOD SERVICES

If you're not following @OFCSBulldogCafe on Instagram, you're missing all of the updates from our incredible Food Services Department! Follow today for news about nutrition and wellness, and pics of our YUMMY breakfast and lunch options!

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.

HAPPY Valentine's DAY