



NUMBERS THAT COUNT

8 The number of hours a day of screen time that children average in the United States.

A recent study in the Journal of the American Medical Association (JAMA) is one of many to link excessive screen time to poor academic outcomes among children. The study also found that preteens using increasing amounts of social media registered lower reading, vocabulary and memory test scores compared to kids who use little to no social media.

Prior studies found that excessive screen time is associated with worse executive functioning, and children who multitask by rapidly switching between apps and screens were more strongly associated with negative cognitive outcomes.

Experts recommend starting early to limit screen time, as it is easier than trying to get kids off of screens later.

Since more screen time means less time to read, why not make a promise this month to read more and "screen" less? With "Right To Read" Week happening in many of our buildings in March, it's the perfect time for kids to put down those phones and tablets and pick up a book! This goes for adults too! Congratulations in advance for setting such a good example! 😊

Source: [Blue Cross Blue Shield of Michigan](#)



DOLLY PARTON'S IMAGINATION LIBRARY

Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to children from birth to age five, no matter their family's income. Inspired by her father's inability to read and write, Dolly started her Imagination Library in 1995 for the children within her home county. Today, her program spans five countries and gifts millions of free books each month to children around the world...including to children in our Olmsted community! Simply go to the site [HERE](#) to register your child, then in 8-12 weeks, start watching your mailbox for your FREE books! Thanks, Dolly!



PARENT/FAMILY/COMMUNITY ENGAGEMENT OPPORTUNITIES & IMPORTANT DATES*



- 3/2-6 ECC & OFIS Right to Read Week
- 3/3 ECC Family Literacy Night & Book Fair- 5:30 PM @ECC
- 3/3 OFHS Spring Choral Concert- 7:30 PM @HS
- 3/6 OFMS WEB Lock In- 8:00 PM @MS
- 3/9 OFMS PTA Meeting- 7:00 PM @MS
- 3/11 Falls Lenox/ECC PTA Meeting- 6:30 PM @ECC
- 3/12 OECPTA Membership Drive & Meeting- 6:15 & 7:00 PM @FL
- 3/12 OFHS Ballroom Blitz- 7:30 PM @HS
- 3/13 ECC Preschool Spring Parent/Teacher Conferences
- 3/16-20 Falls-Lenox Right to Read Week & Book Fair
- 3/16-25 OFMS Spring Book Fair
- 3/18 Cabaret Night - 7:00 PM @HS Auditorium
- 3/19 OFIS PTA Meeting- 8:00 AM @IS
- 3/19 Falls-Lenox Family Literacy Night- 6:00 PM @FL
- 3/19 OFMS PTA Dodgeball- 6:30 PM @MS
- 3/20 Staff PD Day - NO SCHOOL FOR STUDENTS
- 3/21 OFHS Powder Buff Volleyball Game - HS Main Gym
- 3/24 OFIS 4th Grade Choir Concert- 6:30 PM @MS Cafetorium
- 3/25 OFHS PTA Dodgeball Tournament- 6:30 PM @HS Main Gym
- 3/30 OFHS PTA Meeting- 7:00 PM @HS
- 3/30 Falls-Lenox Career Week Begins
- 3/31-4/2 OFMS 8th Grade Washington, DC Trip
- 3/31 OFHS Community Job Fair- 2:45-4:00 PM @HS Main Gym
- 4/2 Falls-Lenox Career Day
- 4/3-10 Spring Break - NO SCHOOL
- 4/9 OECPTA Meeting- 7:00 PM @Olmsted Twp. Town Hall
- 4/13 Return from Spring Break
- 4/13 OFMS PTA Meeting- 7:00 PM @MS
- 4/17 & 18 OFHS Spring Musical-7:30 PM @HS- Mamma Mia!
- 4//19 OFHS Spring Musical-2:00 PM @HS- Mamma Mia!
- 4/20 OFIS PTA Meeting- 6:30 PM @IS
- 4/22 OFMS 5th Grade Parent Night-7:00 PM @MS
- 4/27 OFHS PTA Meeting- 7:00 PM @HS
- 4/29 Falls Lenox/ECC PTA Meeting- 6:30 PM @FL



Don't Forget **SPRING** →



Daylight Saving Time begins on Sunday, March 8 at 2:00 AM. You'll lose an hour of sleep. Please let me know if you find it. I've been looking for that lost hour for about 20 years now.

Love Your Mother (Earth)

By Julianne Allen

Family Engagement & Communication Specialist



How 'bout that winter- am I right? I can't remember feeling as forlorn about living in Northeast Ohio as I did this past month. We had bitter cold, wild precipitation, air temperatures that looked more like children's shoe sizes, and even thundersnow. (A real thing!) It felt like a record number of calamity days- and some truly were calamitous if you were trying to keep siblings from fighting or entertain children while sticking to your New Year's resolution to limit their screen time. (Maybe next year!)

As I write, it's still not officially spring, but I can see grass, and I'm fairly certain I heard a bird chirp. We may have a ways to go, but look at what we've already endured!

After all the times I swore under my breath (and ok, occasionally much louder than that) while trudging through the snow and ice this winter, it's been hard to appreciate the beauty of Mother Nature. Maybe that's why Earth Day isn't until April. Because who's feeling especially grateful for the earth in February? Still, I'm a big fan of this planet. Since there aren't any other habitable options available, it seems wise to take care of this one. With Earth Day coming up on April 22, here are a few simple ways to help kids and adults show a little love to our Mother Earth.

Reduce: Simply put, use less stuff. Do I really need that Costco-sized package of paper towels or could I try to use less? If children and spouses weren't such slobs, could that reduce my paper towel consumption? Of course! So who is really to blame here anyway? (Sorry...I promise to try to use less stuff if you do, too.)

Reuse: You know that hoodie your teen keeps rewearing and despite its filth you have to beg them to let you wash it? That's not what we're talking about here. But we could buy from thrift stores or donate used clothing to keep it out of landfills. And instead of yelling at our spouse to throw away his holey t-shirts, we could appreciate that he is helping the environment by still wearing clothes from the early 2000's.

Recycle: In our community, we have curbside pickup, so most of the work is done for us. We don't have to hoard bags of aluminum cans in our garage until we find time to drive to the recycling facility. So rinse that jar and recycle it already, and teach your kids to do the same. Even the PB jar. Hint- use VERY HOT water and shake it up or you might be there awhile! Visit CuyahogaRecycles.org to learn how to "recycle right"!



These are all very basic and very silly examples. For much better examples of how you can take care of our planet every day, visit EarthDay.org and you'll find 50 Easy Ways to Help the Planet Every Day. Thanks for doing your part and teaching the next generation that this planet is pretty cool. Actually, it's pretty warm, but that's an entirely different matter and fortunately for you I'm out of space.

Happy Earth Day!

Julianne

PLAN ON IT!*

*Plan on checking out these programs and events!



OFHS PTA PRESENTS THE 22ND ANNUAL BATTLE OF THE SCHOOLS DODGEBALL TOURNAMENT

Come out and cheer for your teachers, building staff and other team members as they compete for the coveted Battle of the Schools trophy!

OLMSTED FALLS HIGH SCHOOL GYM
WEDNESDAY, MARCH 25TH | DOORS OPEN AT 6:00 PM
WITH THE EVENT STARTING AT 06:30 PM

Half-time 3 point shooting, 50/50 Raffle, Concessions and other fun!

TICKETS ARE
\$5 STUDENTS | \$7 ADULTS
(CASH ONLY AT GATE)

ADVANCE PURCHASE
[HTTPS://OFHS.GIVEBACKS.COM/SHOP](https://ofhs.givebacks.com/shop)
+ SMALL PROCESSING FEE



STUDENT ADULT

Proceeds will benefit the senior scholarship fund



June 8th -12th & June 15th -19th



Each week offers (3) sessions,
9-11am, noon-2pm, & 3-5pm

\$45 Registration Fee (includes t-shirt)



REGISTER AT WWW.OLMSTEDCC.COM

This program was previously run by the Olmsted Early Childhood PTA



Need a job? OLMSTED WORK\$!

**MARCH
31**

Community Job Fair

Hosted by Olmsted Falls High School
26937 Bagley Road

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

Many area
employers
represented

Full-time, Part-time,
& Seasonal
opportunities

OFHS Main Gym open
to job-seekers:

2:45-
4:00
PM

OFHS Students
Students & Adults
from Olmsted &
nearby communities

**OLMSTED FALLS
SCHOOLS HAS
VACANCIES FOR
SUMMER
CASUAL LABOR
INCLUDING:**

BUILDING
MAINTENANCE

GROUNDS
MAINTENANCE

COMPUTER
MAINTENANCE

CLEANING

APPLY TODAY!

JOIN OUR Summer CREW!

GREAT INITIAL WORK
EXPERIENCE FOR A FIRST
TIME STUDENT WORKER

DEVELOP REAL LIFE
EMPLOYABILITY SKILLS

FLEXIBLE SCHEDULE ALLOWS
YOU TO WORK AROUND OTHER
PERSONAL/SCHOOL
COMMITMENTS

LEARN ON THE JOB IN A
SUPPORTIVE WORK ENVIRONMENT

**APPLY
HERE**



Questions? Contact Heath Krakowiak hkrakowiak@ofcs.net

March is National Reading Month

According to ReadingIsFundamental.org, National Reading Month is an annual celebration dedicated to fostering a love of reading. This month highlights the importance of reading and reinforces how strong literacy skills shape academic performance and lifelong learning.

We celebrate reading all year long in our schools, with a special emphasis in March. Our ECC, Falls-Lenox and OFIS buildings will highlight the importance of reading with activities including book fairs, literacy night, and Right To Read Week. Visit ReadingIsFundamental.org for book suggestions, printables, games and more to celebrate reading!

GOOD STUFF

Happy St. Patrick's Day

"TOTALLY QUOTABLE"

No winter lasts forever; no spring skips its turn.
 – Hal Borland

NO BAD JOKE

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

Q: What do you call a group of rabbits hopping away from you?
 A: A receding hareline!

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

HAPPY EASTER
 April 5

HAPPY **PASS OVER**
 April 1-9

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.

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

EARTH DAY PARFAIT

Make an Earth-inspired Parfait in Celebration of Earth Day on April 22!

Ingredients:

- ¼ cup granola
- ½ cup of your choice of green fruit, like diced apple, sliced kiwi, or grapes
- ½ cup of your choice of blue fruit like blackberries or blueberries
- ½ cup Greek yogurt
- 1 pineapple wedge for garnish



Layer ¼ cup granola in the bottom of the cup or bowl. The granola represents the earth.
 Add a layer of ½ cup of your chosen green fruit on top of the granola. This represents nature.
 Layer ½ cup of your chosen blue fruit to represent the blue waters and skies.
 Top with ½ cup yogurt to represent the clouds and garnish with a pineapple wedge to represent the Sun peeking out.

Source: TheDairyAlliance

SERIOUSLY COMICAL

©Adrienne Hedger

Daylight Saving Time starts tonight...
 So if we get up tomorrow at 7am it will feel like...

Um... 8:00? No wait, we spring forward, so 6:00.
 But it will be 7:00 so it's like having an extra hour.

Wait... no. That's not right.
 Why is this so hard?
 This should not be hard!

HedgerHumor.com

Go to hedgerhumor.com for more like this!!