



OP TIMES

The Onionpatch
Academy

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Matters of the Heart

Fabulous February is here. With Valentine's Day fast approaching, thoughts of love and special people are all around. Remember to share the greatest love during this month – the love that God has for us.

Week 1 – the theme will be “Be my Valentine” where children will learn about the many ways to demonstrate love.

Week 2 – We will celebrate Black history month by introducing the children to prominent people in the Bermuda community.

Week 3 /4 – February is also dental health and heart health month. Children will take a look at healthy habits. It's never too young to begin healthy habits that will last a lifetime.

These activities will emphasize Jesus' leadership in our lives. Jesus is our caring leader who loved us so much that He died on the cross for us. He shows us what a real leader does: a real leader has such a vision of love and truth that he or she lives life as a servant to others.



New Students

We welcome to the Onionpatch Family:

Baby Onions – Isla Banfield

Green Onions – Marlon Zecori Coward Talbot,
Noah Gibbons and Kerrett Wallace

Upcoming Birthdays

Brianna Gordon – 1 February

Marlon Zecori Coward Talbot – 15 February

Chayce Minors Butterfield – 28 February

Staff News

We want to congratulate our own Mekesha Mahumed Bey and Judith Welch for being listed on the Bermuda Educator's Council, Register of Educators.

Congratulations!

Upcoming Events

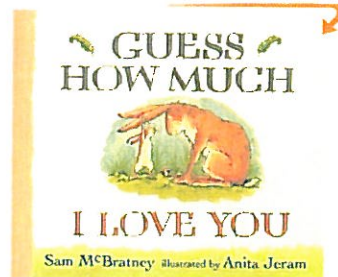
- Tuesday, 14th February – Valentine's lunch. Children are to come dressed in red, white or pink.
- Friday, 17th February - Staff Development Day – school will close at 3:00 pm
- 20, 22, 29th February – Child Development Parenting workshop at Baha'i National Centre at 15 Cedar Avenue (enter on Brunswick Street) at 6:00pm. To register contact Judith Brooks at T: 295-0746 E: jlbrooks@gov.

True Love on Valentine's Day

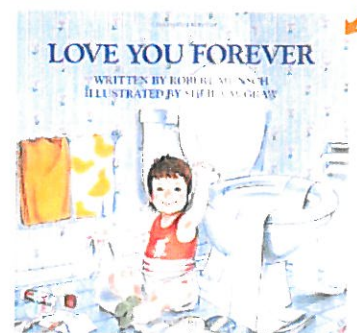
Here are a few simple ways to show your child your love throughout the year:

- **Express "I love you" in words and notes.** A simple note that says, "I love you," under a pillow, in a backpack, or in a bag lunch can remind a child throughout the day of your love for her, even when you're not together.
- **Be with your child.** Are we just rushing from place to place and chore to chore? Even though it's difficult, turn off the television, put down the cell phone, and be with your child, rather than just near him. A simple place to start is have dinner as a family each night (even a few nights a week). Turn the television off and talk; talk about your day, your friends, maybe even take turns asking "what would you do if..." questions.
- **Make something with your child - for Valentine's Day and any other day.** It doesn't have to be a "Martha Stewart" moment. Keep it simple: make up a song while driving in the car, write a poem with refrigerator magnets, or cook a meal together. There is no need to be elaborate, just as long as it's focused time together.
- **Celebrate your child's best efforts rather than focus on achievements.** Consider when your child was an infant learning to walk. Surely you cheered every effort from pulling up, to walking while holding onto furniture, to her first steps. As children get older, we tend to focus more on accomplishments like grades or winning games than we do on efforts, like learning a new concept or being willing to try a new activity. Be sure to offer words of encouragement to recognize your child's efforts, even if they don't result in winning achievements.
- **Dream with your child.** Remember as a child lying on your back and looking at the sky, naming the shapes of clouds floating by and thinking about life - just daydreaming. Simple thoughts and conversations can spark the imagination, plant a seed of curiosity, or begin a dream. Every job well done, every great act of generosity began with a thought, a dream. Hang out and dream with your child.

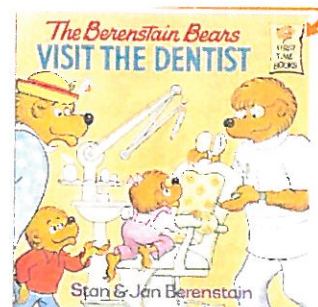
Here are some book suggestions:



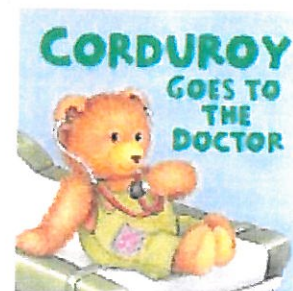
Guess How Much I Love You by Sam McBratney



Love You Forever by Robert Munsch



The Berenstain Bears Visit the Dentist by Jan and Stan Berenstain



Corduroy Goes to the Doctor by Lisa McCue