



OP TIMES

The Onionpatch
Academy

March 2012
Volume 1, Issue 8

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Marching into Spring

As we March into Spring the students will focus on the wonders of the changing seasons. First they will take a week to celebrate Dr. Seuss's birthday and will bring his books to life in their various activities.



Don't forget that The Bermuda National Library is open and welcomes everyone get a library card. You will not only have access to best sellers and the latest in children's books but a wealth of other free services. Just bring picture ID and a piece of mail with your mailing address and get a card today!

Students will also explore the March winds as they learn about windmills, pinwheels, kites and windsocks and see the effects of the windy days in real life. They will also learn about the wonders of spring in nature – caterpillars that turn into butterflies, birds that return home to the spring skies and plants that grow as the weather warms. They will find shamrocks for St. Patrick's Day and bunnies, eggs and chicks galore.

This month they will also celebrate the death and resurrection of Jesus, our Lord. Why do we celebrate Easter? Celebrating Easter in the spring helps us to understand that Jesus' death and resurrection was a new beginning for us. He loved us so much that He gave Himself for us so that we could live a new life, free of guilt and full of forgiveness. What a cause for celebration!

New Students

We welcome to the Onionpatch Family:

Baby Onions – Shannon Smith and Madison Necker

Upcoming Birthdays

Gwyneth McHugh – 10 March
Marli Robinson – 18 March
Chloe` Samuels – 18 March
Harry Bingham – 23 March

Staff News

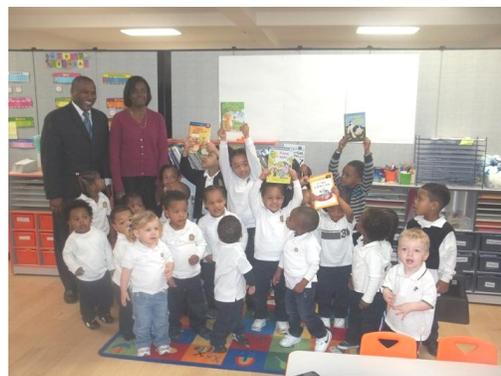
We welcome Ms. Tannel Lambe, our Substitute Teacher to the Onionpatch Family. Ms. Lambe brings a wealth of knowledge and experience to our team.

Upcoming Events

- Friday, 30th March – Staff Meeting and Development. The school will close at 3:00 pm
- Saturday, 31st March – Youth Library – Children's Reading Festival 9:30 am – 3:00 pm

World Book Day 2012

We are pleased to announce that The Onionpatch Academy was adopted by St. Paul AME Church for World Book Day and provided "the gift of reading" to our students. Rev Guyton of St Paul AME Church visited the students on March 2, 2012 to present them with books.



Getting a Healthy Start on Eating Habits

In celebration of Dental Health month:

As we know, children often times shy away from the raw veggie tray and the fruit salad bowl, preferring a grab-and-go bag of chips or high-sugar cereal instead. But healthy eating isn't all about broccoli and peas. It's about habits and routines.

Here are a few ways to help your child get a healthy start on eating habits:

- **Remember that eating habits are established early and often are resistant to change.**

This is an important area of your child's development, and you should not hesitate to speak with your pediatrician if you have questions or concerns about health, growth, or weight.

- **Make dinnertime together a priority (no matter how difficult).**

The family dinner is an endangered institution, but it is a hugely valuable routine that is critical in establishing lifelong patterns and creating a connection to family memories. This can be a time for interesting discussions that also build language skills. Posing a daily question, such as, "The best thing about my day so far..." can become a family ritual to which everyone looks forward.

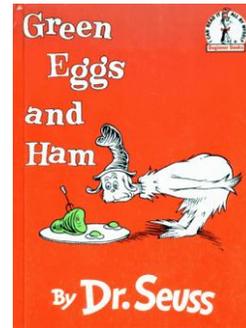
- **Involve your children in the meal preparations.**

Children often love to help by washing veggies, peeling carrots, breaking lettuce, or helping to set the table.

- **At mealtime, have age-appropriate table expectations.**

Allow children to serve themselves when possible. Encourage small portions, but let them know that they can have second helpings. Model serving portions that aren't too hefty. Resist the temptation to push the "clean plate club" as this can result in patterns of overeating. Allow children to stop eating when they are no longer hungry.

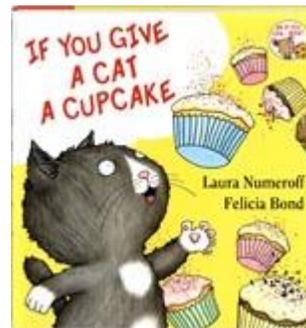
Here are some book suggestions:



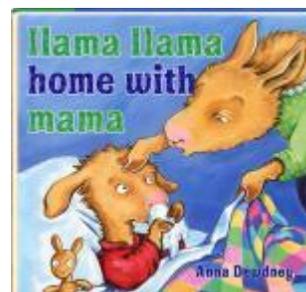
Green Eggs and Ham by Dr. Seuss



The Very Hungry Caterpillar by Eric Carle



If You Give A Cat A Cupcake by Laura Numeroff



Llama Llama home with Mama by Anna Dewdney

"The more that you read, the more things you will know. The more you learn the more places you'll go." — Dr. Seuss, "I Can Read With My Eyes Shut!"