



OP TIMES

The Onionpatch
Academy

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Marvelous May

Flowers, trees and gardens are in full blossom, the weather is warmer and the days are longer. Spring is definitely in the air, and summer is around the corner. The marvelous month of May promises many wonderful things for our students.

In Week One students will explore the beautiful colors God gives us each spring. Some will explore an old Bermuda tradition of maypole dancing as they celebrate May Day.

In Week Two Mother's Day will be the focus and the children will have the opportunity to create special gifts for their mothers.

In Week Three students will head off to the zoon for a wild adventure, exploring different animals and their habitats.

In Week Four students will learn about spring's most famous creature – the ladybug.

In Week Five students enter a week of wacky fun filled with silly hats and backwards clothes.

Share with us as we explore Marvelous May!



Note to Parents: Please be advised that the Corporation of Hamilton have designated 3 parking spaces for Drop off/Pick up times. A sign is posted outside the school detailing the times. Thank you to the Corporation for their generosity.

New Students

We welcome to the Onionpatch Family:

Baby Onions – Cameron McHugh

Little Onions – Killian McHugh



Upcoming Birthdays

Azaria Atwell – 2nd May

Noah Outerbridge – 3rd May

Ms. Seika Pierre – 24th May

Midas Williams – 27th May

Shannon Smith – 29th May

Upcoming Events

Mother's Day lunch – 11th May

Bermuda Day Holiday – 24th May

Celebrating Bermuda Day

It's that time of year again: plan to spend the day at the May 24th Bermuda Day parade. See the exciting floats, dance along to the sounds of the Bermuda Regiment and the colorful majorettes.

This is also a time to share your experiences about life in Bermuda – Where did you go to school? What was it like? What did you wear? What types of lunches did you take to school? What did you do for fun?

Tell them you are Proud to be Bermudian!

Fitness for the Whole Family

If we didn't know it before, we know it now - being physically active and focusing on fitness is an important life priority beginning in early childhood. Not only does regular physical activity increase physical and cardiovascular health, it can improve sleep, reduce stress, increase attention and learning, and minimize illness. Because the habits and preferences children develop early in life will shape their choices and behaviors for years to come, it is critical to establish good physical activity habits now.

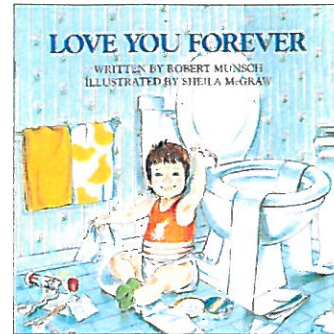
Not only is daily physical activity a healthy goal for everyone in the family, it provides us with an opportunity to be together and enjoy one another, and offers an excellent model for young children as they see the adults in their family having fun with fitness right alongside them.

Here are a few ideas that everyone in your family can participate in:

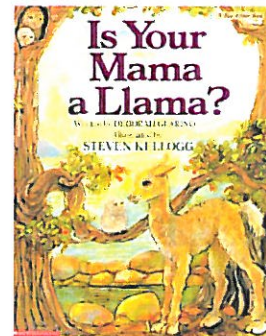
- **Walk about it** - A daily (or a few times a week) walk is a perfect way to reflect on the day and learn about what's going on in each other's lives.
- **Healthy hobbies** - Want to learn karate or tae-kwon-do; what about a family class? Excited about a salsa dancing or Zumba class? Teach the kids a few moves and dance around the living room. With a few modifications, many adult fitness activities can be turned into fun for the family.
- **Keep it simple** - Getting more physical activity doesn't always have to be a planned event. Try parking your car further from the door at the shopping mall, taking the stairs instead of the elevator, or walking to the corner store instead of driving.
- **Screen time** - Think about ways to minimize screen time like eliminating screens from your child's bedroom, challenging children to be active during commercials (how many jumping jacks can you do during a commercial break?), and limiting TV on weekend days when children have many alternate active options.

Regardless of what you do, it's important to make it enjoyable. Having fun together as a family is as important as the physical activity itself.

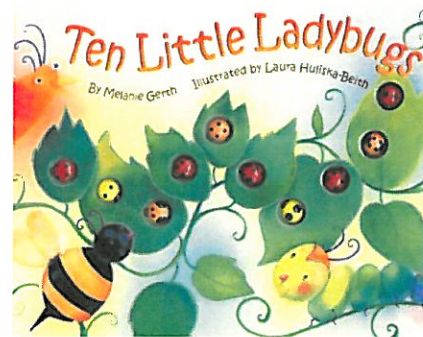
Here are some book suggestions:



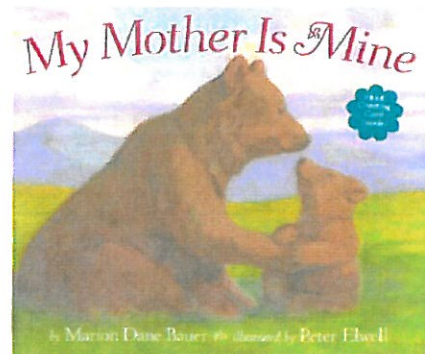
Love You Forever by Robert Munsch



Is Your Mama a Llama by Deborah Guarino



Ten Little Ladybugs by Melanie Gerth



My Mother is Mine by Marion Dane Bauer