



OP TIMES

The Onionpatch
Academy

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We Are Thankful

November means feasts, family and Thanksgiving fun! It's a time for remembering, giving thanks and spending time with families. We start off with a week of discovery and exploration.

Week 1 – 'Early Settlers'

Week 2 – Native Americans are the focus and we will discuss teepees, papooses and feathers. A trip to St. David's or a talk from one of our Bermudian native Indians will shed light on this subject.

Week 3 and 4 – We will talk about the connection between Bermuda and the early pilgrims.

Week 5 – Healthy foods is the topic. After all the turkey and stuffing, we will get everyone back into shape.

Giving thanks to God for the wonderful things He has given us is a central theme for this month. We will model a spirit of thankfulness by saying "thank you" and by thanking God in prayer often.

Take a look at Psalms and read some of the many songs of thanksgiving that written in this wonderful book of the Bible. We will focus on a "gratitude attitude" and will help the children look for ways to be thankful every day.

Monthly Themes

November

This month we are learning about

December

This month we are learning about joys and celebration of Christmas.

Winter Uniform Policy

Children under 12 months – white long sleeve tee shirt with logo with navy skirts, jumpers or trousers, reversible blue jacket with logo

Children 12 months to 2 years – white long sleeve tee shirt with logo navy skirts or trousers, navy hoodie with logo

Children 2 years to 4 years – white long sleeve polo shirt with logo navy skirts or trousers

Navy blue knee high socks or tights

Navy blue nylon jacket with logo

Plain Navy blue school sweater (vest or cardigan) – no embellishments please!

Events

Friday, 28th October, 2011 Storybook Character Parade

Thanks to all those who assisted in making this event a success. The children had a great time and we look forward to doing this again next year.

Friday, 11th November, 2011 Remembrance Day Holiday School closed

Welcome

To students who have joined us this month. Welcome to the Onionpatch family

Uniform

An order form can be obtained from the office or from the website.

Parent Handbook now available online!

Chores: How to involve your child

Our lives are increasingly busy these days and sometimes it's hard to find time to accomplish everything. One way to balance work and play is to combine them and involve the whole family.

If we understand what gets in the way and what may help when it comes to chores, we have a better chance of having children be participating family members who do chores.

What Gets in the Way of Children Helping with Chores

* **Unclear expectations:** Children need to understand what the job is and what we expect of them. What is a job well done: Finishing setting the table or doing the dishes, or just a "good try"?

* **Inconsistency:** Any effort to establish expectations can get derailed by inconsistency: "I guess you can skip feeding the dog this morning – I'll do it."

* **Inconsistency between two parents:** If parents don't agree on what is expected of children or when to make exceptions, or aren't equally adept at refusing to give in to child procrastination or defiance, children usually figure out how to divide and conquer.

* **Time:** It takes time to teach children how to do chores and to establish expectations, and busy parents and children can easily use lack of time as a rationale for either adults doing the chore or leaving it undone.

* **Siblings:** Siblings can become really good at subverting parent expectations. "It's not fair" can become a mantra of older siblings when expectations for them increase with their growing competence.

What Helps Children Do Chores

* **Give young children easy tasks:** 2-year-olds can be given responsibilities such as helping take clothes out of the dryer, putting their clothes away, cleaning up after a meal by throwing away the paper napkins or wiping tables or counters, carrying a backpack from the car into child care, or turning off lights at bedtime. Don't expect great results when children are very young or chores are new – the goal isn't a clean table when a child has an imperfect understanding of when to squeeze and when to wipe, the point is establishing the helping routine.

* **Choose age-appropriate chores:** Establish that chores are based on developmental levels – older children should be expected to do more. These chores can include some that take a little longer, require more effort, and are more complicated: setting or clearing off the dinner table, sorting or folding the laundry

* **Use tracking systems:** Calendars and charts are not only good organizational systems, but can also be used for family language and math activities.

* **Remember the child's context:** The worst time to expect chores to be performed is right after school when a child may need some time to relax or blow off steam, or right before bed.

* **Make all household members take part:** Reduce conflict and resistance by making it clear to all household family members that "everyone has to pitch in."

* Recognize a job well

* Try to have fun

* Avoid gender stereotypes