Dear Parents

The cold weather has not stopped us from playing outside again this week although, as you will see from the photographs, the children have been taking full advantage of the warm water in our newly-opened swimming pool. As the children have wet hair please ensure the children have a woolly hat for play times.

You will also see from the beautiful photographs taken by Gemma Klein, that Cara Wassenberg and Madeleine Alison came into school on Wednesday to talk to the children about the sculpture they helped design and build last term. I hope you will all agree it is a fabulous addition to our playground.

Year 3 played so enthusiastically in their football and netball matches against The Royal School on Thursday afternoon. The boys won the football 1-0 and the girls drew their netball match 2-2. Congratulations to everyone who took part. Thank you Karen for organising such a fun-filled afternoon.

Thank you for attending my Early Reading Information sessions. If you were unable to attend, please do contact me and I will endeavour to organise another session. I will provide some links to online resources and information from the sessions next week. With the introduction of the new programme, our wonderful teaching assistants would like to gain experience with different year groups, therefore from next week you will find Dorota assisting in Year 3 and Ros assisting in Year 1.

Please remember the Dunannie curriculum evening at Dunhurst on Tuesday 29th January from 6-7pm for parents with children in Years 2 and 3.

On Wednesday 30th January at 8.40am in the Library, there will be a special assembly for parents of children in Reception. Parents, grandparents and indeed all family members and friends are warmly invited to attend.

Speaking of family members, you are very welcome to join your children for lunch on Mondays or Wednesdays at Dunannie. To allow everyone the chance to dine with their children, the groups will be limited to 6 adults on each day.

We will be saying farewell to our French teacher, Ellie Chilton, at the end of the Summer term. Ellie has been with Bedales for 10 years and although sad to be leaving, she is very much looking forward to future adventures. I know when the time comes you will join me in saying farewell and best wishes.

Please do have a look at Camilla Bashaarat’s attached letter about the fantastic events she has organised for ALL parents. It is a great opportunity to do something new and to meet other Bedalian parents at the same time.

Year 1 have requested for anyone to bring in any plastic bottles for a project they are working on. Please bring by Tuesday 29th January.

Wishing you all a wonderful weekend.

Kindest regards

Victoria

IMPORTANT NOTICE FROM MATRONS:

Please be advised that we have one case of suspected chicken pox in school (Bedales) and one case of shingles.

Shingles poses very little risk to the community as it is spread by direct contact with skin shedding and will be no risk to anyone who has had chickenpox before. However if you are immunosuppressed and not had chickenpox or have a concern around this please contact the health centre.

For chickenpox, the risk is to those who have never had it, particularly if you are immunosuppressed or pregnant. Again, please contact the health centre if you are concerned so we can talk through any risk and prevention.
25th January 2019

Nursery enjoyed bird spotting with Bridget and ice art with Harriet.

Reception are loving their swimming lessons with Karen!
25th January 2019

Year 1 enjoying their Dance Drama lesson.

Year 2 designing Aborigine bags.

Year 2 learning about Australian animals.

Year 3 having fun exploring the amazing exhibits at Winchester Science Centre on Monday.
SPECIAL DUNANNIE MOMENTS

25th January 2019
DUNANNIE—DATE LIST—SPRING TERM 2019

Monday 28th January
Year 3 trip to Arundel Wetland Centre

Tuesday 29th January
08.15-08.30 Early Morning Dance in the Library*
18.00-19.00 Dunannie Year 2 & 3 Curriculum Evening at Dunhurst*

Wednesday 30th January
08.40 Reception Assembly*

Friday 1st February
08.15-08.30 Shake & Wake in the Playground*

Monday 4th February
13.45-14.15 Lion King Dance Workshop for Year 3

Wednesday 6th February
09.30 Year 1 Post Office Trip to Petersfield

Monday 11th February
Year 3 Boys & Girls Hockey v Ditcham Park (Away) 3pm (Returning 4.50pm)*

Wednesday 13th February
LAST DAY Finish at 4.30pm

FEBRUARY HALF TERM—Thursday 14th February—Sunday 24th February

Monday 25th February
FIRST DAY back after half term

Friday 1st March
Dunannie Coffee Morning*

Monday 11th March
14.45 Year 3 Boys & Girls Hockey v Ditcham Park (Home)

Thursday 14th March
14.15 Year 3 Swimming gala v The Royal (Home)

Thursday 21st March
FoDs Fundraiser*

Friday 29th March
END OF TERM at 2pm

EASTER HOLIDAY—Saturday 30th March—Tuesday 23rd April

Wednesday 24th April Summer Term Starts

* Parents are invited to attend.
We need to make at least 300 metres of bunting, which will be used to decorate school events such as the Badley Behaved Dog Show, Dunannie Fun Run and the Easter extravaganza.

Please can you donate any fabric you have that can be cut up. Anything from offcuts, unfinished projects, clothing, curtains, throws etc. Donations can be left in the basket in the Foyer from Monday up until half term.

We'll be arranging dates after the half term break, for those of you that would like to volunteer, to help make the bunting. Please add your name to the sign up sheet in the foyer.

Gill & Tabitha
Dear Parents

Following the Bedales parents’ dinner in London in November I have been thinking about other ways to bring parents from all three Bedales Schools together this term and have organised some, hopefully tempting, events around the Spring Equinox week. In the depths of a cold, wintry snap it has been fun to think of ways to celebrate the start of spring, shake off any lingering wintry hibernation feelings and tap in to the natural energy that spring brings. I’ve also enjoyed meeting some wonderful, inspiring people who are excited about leading the events and workshops for us. I hope you’ll agree that they, and the events themselves, fit well with the whole Bedalian ethos. So, here goes, can I tempt you to sign up for any of the following.....?

**Monday 18 March – Sauerkraut and Fermentation Workshop**

Bedales parent Lucy Ogilvie-Grant studied at The London Fermentary where she learned to make delicious, healthy and nutritious fermented foods and sauces. Preserving food by fermentation is nothing new: cheese, sauerkraut, kimchi, sourdough bread and kombucha have been prepared this way for thousands of years. Research into the health benefits is ongoing but what is known is that diet is one of the main influences on the human gut microbiota and that good food-ingested bacteria can be found in large numbers in fermented foods. It’s generally agreed that consuming a wide-range of naturally produced cultured foods is beneficial for health and wellbeing.

Join us in Lucy’s kitchen for a morning of krauting and fermenting. Lucy will show us how to make a traditional sauerkraut and a hot fermented sauce/salsa to take away and give you the skills to make your own original fermented food at home. We will end with a simple lunch which will include some fermented treats for you to try. Do come along, fermenting is accessible, entertaining and delicious and your gut will thank you for taking the time to learn these new skills!

Venue: Keeper’s Cottage, Warren Lane, Priors Dean GU32 1BN  
Timing: 10.30am – 1.30pm  
Price: £15 (please note that only 10 spaces are available)

**Wednesday 20 March – Flower Power Workshop**

On the day of the Spring Equinox come and learn about flower essences and the benefits they can bring to your wellbeing. You will also make your own combination essence and blend into cream as well as learning how to dows so that you can choose the right natural remedies for you and your families.

Amy started Natures Wish in 2010 when she developed her unique range of flower essences aimed at improving health and wellbeing. She now uses these flower essences to make natural, organic skin and body creams and oils.
Amy has put together a bespoke morning workshop for us at her beautiful barn at Durleigh Marsh where she will explain the natural, healing and energising power of flower essences, if the weather is good she will show us how to make a flower essence outside, then back to her studio to help us make our own personalised combination flower essence. Teaching us the dowsing technique, she will show you which flower essence will benefit you most and show how to make your own cream using your choice of natural oils. This promises to be a fascinating morning learning about how we can harness the new energy of spring flowers and how we can use flower essences to nurture ourselves and our families. Leave with your own flower essence and cream and a new knowledge of how we can use the seasons and nature to improve our overall wellbeing.

Tea and coffee will also be available, and you’ll have the opportunity to try some of Amy’s new herbal tea blends.

Venue: Natures Wish, Durleigh Marsh Farm – 7 minutes drive from Bedales
Timing: 9.30am – 12.30pm
Price £45 (please note that only ten spaces are available to ensure that everyone gets the most benefit from this hands on workshop)

Thursday 21 March – Yoga and Sound Meditation Retreat with Niki Perry Yoga and Selda Soul Space
Celebrate the first day of spring with a wonderful day’s yoga retreat at Niki Perry’s stunning yoga Cowshed studio in Sidlesham, near Chichester, close to the beautiful beaches around West Wittering.

Niki is an inspirational teacher who has been practising yoga since childhood and teaching Vinyasa Yoga for 15 years. In this special retreat Niki will lead us through an energising 90 minute spring yoga flow class including breath work and top tips on how to keep your health at an optimum. We will have a truly delicious plant based lunch to nourish your soul, prepared for us by @feed_me_momma. After lunch you will experience two hours of soul sound and transformational breath therapy from @SeldaSoulSpace.

Selda’s Sound Meditation is a deeply relaxing experience which will move you into a deep state of rest. Made from pure quartz, Selda’s crystal bowls penetrate the body through vibration that supports balance, deep peace and transformation. Leave feeling calm but energised and ready for whatever Spring throws at you!

Venue: Cowshed Studio, Sidlesham Common, PO20 7PY
Timing: 10.30am – 3pm
Price: £75 (this includes a £5 donation to The Africa Yoga Project)
Saturday 23rd March - Spring Foraging and Cooking with Hector and the Fox

Hector and the Fox are based at their beautiful, historic home in Stedham, a twenty minute drive from Bedales in the heart of stunning West Sussex. They are well known locally for their originality, flair and knack of putting nature at the centre of life whether it is in the kitchen cooking delicious seasonal food or using nature to transform their home into an oasis of beauty and style. Hector will lead us on a spring foraging walk, exploring the stunning woodland around their rural home, and showing us which fresh green shoots we can use in seasonal recipes. Back at their home we will make a delicious lunch with our foraged booty – a seasonal herb soup, wild garlic scones and bread, baked in a dutch oven over a fire. Leave in time to collect your children from Bedales, with a delicious seasonal goody or two to take home to enjoy.

Hector is looking forward to the morning, he says “The Spring Equinox was traditionally a joyous celebration marking the end of winter’s hold over the land. New life and new growth were welcomed, fertility promoted and old ways purged to make way for new promises. Here at Woolhouse, surrounded by the wild expanses of marsh and commons we celebrate the arrival of spring by foraging for wild garlic and green shoots, tapping the birch trees for sap and visiting our water spring to give quite thanks for its return to full spate.”

Venue: Woolhouse, Stedham, GU29 0QH
Timing: 10am – 12.30/1pm
Price: £17.00

If you would like to reserve a place on any of these events, please email Tracey Harris-Allen at tharris@bedales.org.uk

I hope to see you at one or more of the Bedales Spring Equinox events.

All best wishes

Camilla