Dear Parents,

Our last full week of term has certainly been action packed!

On Monday, Year 3 children took part in an energetic ‘Lion King’ dance workshop, which was hosted by a current cast member of the West End show. They also had the opportunity to participate in a photography workshop with professional photographer, Chris Darmanin. The children took close-up macro images of plants, flowers and other interesting things around the school, experimenting with different lighting effects, as well as using different layers in their images. They also joined Group 1 for a transition afternoon and Dunhurst staff and students have communicated to me about how brilliantly Year 3 worked and collaborated together.

Year 2 joined Year 3 for an arts and crafts carousel, where they cooked delicious food and worked with clay. Year 2 children have also been using their imaginations to write short stories about dragons and other mythical creatures.

Year 1 took a trip in to Petersfield to see how the Post Office works. The children made and coloured their own postcards, before sending them through the mail network back to themselves at school. We are pleased to say all postcards have reached us safely!

Reception had a fun-filled dance session with Sharon on Wednesday. On Thursday they also went to Dunhurst for an exciting Maths session of number games with children in Group 3.

Nursery have spent this week learning about the many different patterns on animals, from leopard spots and tiger stripes to Elmer the elephant's Patchwork! They have also redecorated the igloo, and had much fun in doing so!

A huge WELL DONE to all of our amazing musicians who took part in the Performers’ Platform on Tuesday. We are all so impressed with your hard work and dedication to practising your instrument.

At assembly on Wednesday, Sharon reinforced our recent message about being kind to everyone, regardless of what they look like and how true beauty comes from within. The theme continued on Friday at our celebration assembly, when Nursery children told the rest of the school about the kindness stars they have been collecting, for being kind to each other.
8th February 2019

As an extra special treat today, Ben Harlan arranged for Dunannie children to watch a performance of the amazing Talking Drum, after they had delivered a workshop with Dunhurst children - thank you Ben!

Following the wonderful talking drum performance, Hermione and Flora’s mum brought in a new addition to their family for Reception and Year 3 children to meet! Rosie the gorgeous Cockapoo puppy was a huge hit with children and staff alike!

I am sure you are all very excited about half term starting on Thursday. Clubs will take place as usual on Monday, Tuesday and Wednesday and Swallow club will remain available for you until 5.30pm on Wednesday.

I am thoroughly enjoying my yoga teacher training, (it is so important to be a student again) and I simply cannot wait to share with the children (and staff) all the wonderful things that I am learning. I am very excited to implement more mindfulness, meditation and positive intentions into the curriculum here at Dunannie.

Wishing you an enjoyable and fun-filled half term

Victoria

Read news from Bedales Prep School, Dunhurst here
Read news from Bedales School here

P.s. Bedales are auctioning 2 pairs of tickets to the Take That concert in Southampton on Saturday 25 May and 2 pairs of tickets to the Take That concert at St Mary’s Stadium, Southampton on Sunday 26 May. All tickets are VIP seats with a great position the stadium. On-line bidding is now live here and will close on Sunday 17 February at 9pm. Many thanks to Mark and Emma Owen who have so generously donated these tickets! All proceeds of the auction are in aid of the John Badley Foundation, so please do bid generously!
8th February 2019

Nursery adding patterns to the igloo

Reception class having fun in their dance class

Year 1 trip to the Post Office

Our letters arrived at School!
8th February 2019

Year 3 went on a bird watching walk

Year 2 & 3 joining together for Arts & Crafts Carousel

Year 3 had fun in their photography workshop
DUNANNE—DATE LIST - SPRING TERM 2019

Monday 11th February  Year 3 Boys & Girls Hockey v Ditcham Park (Away) 3pm (Returning 4.50pm)*
Wednesday 13th February  LAST DAY Finish at 5.30pm

FEBRUARY HALF TERM - Thursday 14th February – Sunday 24th February

Monday 25th February  FIRST DAY back after Half Term
Friday 1st March  Dunannie Coffee Morning*
Tuesday 5th March  14.30 Pancake Day Race
Wednesday 6th March  08.40-09.30 Year 2 Assembly*
Thursday 7th March  08.30-09.30 Read, Write, Inc Session *
Monday 11th March  14.45 Year 3 Boys & Girls Hockey v Ditcham Park (Home)*
16.00-20.00 Dunannie Parents' Evening*
Tuesday 12th March  16.00-18.00 Dunannie Parents' Evening*
Wednesday 13th March  08.40-09.30 Year 1 Assembly*
Thursday 14th March  14.15 Year 3 Swimming gala v The Royal (Home)
Monday 18th March  08.30-15.30 Mary Dalton Printing Residency
Tuesday 19th March  08.30-15.30 Mary Dalton Printing Residency
Wednesday 20th March  09.00 Dunannie Spring Concert in The Well*
Thursday 21st March  FoDs Fundraiser*
Monday 25th March  08.30-10.00 Marvellous Mother's Monday*
Wednesday 27th March  08.40-09.30 Year 3 Assembly*
Friday 29th March  END OF TERM at 2pm

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

Wednesday 24th April SUMMER TERM Starts

Tuesday 7th May  Year 3 Residential Trip to Minstead
Saturday 11th May  Dunannie Fun Day / Badley Day*
Friday 24th May  LAST DAY Finish at 4.30pm

MAY HALF TERM - Saturday 25th May – Sunday 2nd June

Monday 3rd June  FIRST DAY back after half term
Friday 14th June  14.00 Fabulous Father’s Friday*
Friday 5th July  END OF TERM at 2PM

SUMMER HOLIDAY – Saturday 6th July

* Parents are invited to attend
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 wintery 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 dowse 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