Group 3 Lion King Dance Workshop

At a Glance

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<td>11.00-16.00 Dunhurst Talking Drums Workshop&lt;br&gt;16.30-17.30 JAW - Simon Whittaker - Talking Drums</td>
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<td>Sat 9 Feb</td>
<td>10.00-13.00 Dunhurst Open Morning</td>
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<td>Sun 10 Feb</td>
<td>18.00-20.00 Boarders return</td>
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<tr>
<td>Mon 11 Feb</td>
<td>08.50-17.30 Dunhurst Chamber Platform Rehearsals&lt;br&gt;15.00-16.15 U9/U10/U11 Swimming Gala v Meoncross (H)</td>
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<td>Tue 12 Feb</td>
<td>09.25-17.30 Dunhurst Chamber Platform Rehearsals&lt;br&gt;16.00-18.30 Block I - Parent / Teacher Meeting&lt;br&gt;18.30-19.30 Dunhurst Chamber Platform in Lupton Hall</td>
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<tr>
<td>Sun 24 Feb</td>
<td>18.00-20.00 Boarders return</td>
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<td>Mon 25 Feb</td>
<td>Block I - Performance Week&lt;br&gt;08.15 Term Starts</td>
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Dear Parents,

Happy Chinese New Year! The year of the Pig (in Chinese culture), pigs represent wealth and treasure.

This week was Children’s Mental Health and Internet Safety Awareness Week. In their Wellbeing lessons, Block 1 and 2 have been talking about how important our mental health is, how we can look after it and what strategies we could take from our ‘Wellbeing Toolbox’ to help support ourselves and each other. Reluctantly, it was agreed that technology has a huge part to play in this. Body image and FOMO (Fear of Missing Out), was high on the list of worries our teens experience, which is a national concern. Debs then discussed JOMO (Joy of Missing Out!) We agreed to try: time out, phones down, look up, share feelings, talk, and listen to each other. Be off technology at least an hour before bed time and pick up a book in bed instead!

Our children are a reflection of us, so as adults, let’s try and role model healthy habits. The clip below has not been shown to our pupils, it is very powerful and I advise to watch it with care as some may find it distressing. I decided I would share it with you just to highlight the importance of us, as parents, being vigilant with our children’s technology usage (especially last thing at night).

https://youtu.be/yuqlg_pyZks
https://www.bbc.co.uk/news/health-47150658

Thought of the week

Family supper debate, just for fun!
Is it OK not to feel OK?

The week that was…

During Monday’s assembly, Liv inspired us all to learn a new language. Thank you to all pupils who contributed and shared their language skills with us.

We have launched ‘The Nest!’ This is a safe place for children to enjoy hanging out with friends, maybe if they are in need of some quiet time for reflection or contemplation. Debbie or Aaron can be available for help to support friendships or one on one time to talk. The RAK-tivators (Random Acts of Kindness Spreaders) are coming up with a programme of activities which will be on offer, from meditation to mindful colouring, board games to dance sessions.
Groups’ children were spellbound by Etian, who is part of the London cast of The Lion King. He came and gave our children a wonderful experience through a Dance Workshop. He brought his wealth of knowledge, but also his passion and energy was infectious.

14 teams, 120 pupils were out on a pitch playing hockey or rugby this Wednesday afternoon. Some fantastic sportsmanship and determination was shown. A special mention must go to the U13 boys’ rugby performance - winning against Great Ballard 45-35! The gymnastics team went to Prior’s Field School for their first competition. Well done girls for your enthusiasm and fantastic performances.

The Art and Design department have been showing their creative talents in finishing off their clocks made from wood, creating tiny silver foil men and revealing the ‘Portraits of Petersfield’ project. HUGE congratulations to winners Izzy Russell, Group 3 and Sophie Spencer, Block 1, who created artwork for the Cambridge University Classics ‘Make Your Myth’ competition.

Fantastic news for Group 3, who are celebrating getting through to the finals of the David Shepherd Wildlife Foundation Global Canvas competition. The competition ‘received entries involving 5055 children from 26 countries across 4 continents!’ Group 3 will exhibit their Art/Textiles Orangutan installation at the Natural History Museum in London during March.

The Eco warriors are in full swing and completed their first task in making Dunhurst become an Eco School. I look forward to seeing the next steps.

Nina has been running a Journalism Club for Block 1 and 2 since September and they have put together a blog with articles about topics they are interested in. It is still a work in process; please do look at it here: https://cpattison100.wixsite.com/thejb/

Thursday was #timetotalkday. This coincided beautifully with Children’s Mental Health Awareness Week. The Nest was open to offer a safe space to talk.

Group 1 welcomed Year 3 to Dunhurst on Thursday for a fun and creative afternoon. The children worked collaboratively to produce a piece of still-life art - bowls of fruit or vases of flowers - using pieces of painted lasagna! It was a thoroughly successful and enjoyable occasion for all and the children contributed superbly!

Music scholars and a selection of drummers enjoyed working with ‘Talking Drum’ today. They have been learning traditional music from around the world and will perform during JAW. I can’t wait to hear this!

On Saturday 2 February, Su kindly took a car load of coats and warm clothing down to Portsmouth and handed them to Janet Makkin, who is a volunteer at the Empower Centre for the homeless. Many thanks to all who kindly donated to this worthy cause.

We are trying to build up relationships with local seniors in our community. If you have any contacts, please do email Debbie: dbaty@bedales.org.uk We would like to invite new friends to dress rehearsals, music concerts, afternoon tea with our pupils, listen to children read and maybe come and ‘play’ in the Nursery.

Thank you to the Groups’ children who are coming into school on Saturday to be proud ambassadors at our Open Morning.
Letter from Colin

Shoe shout out! Our amazing wardrobe ladies would like to ask if anyone is having a spring clean over half term, we are looking for any ladies’ flats, boots or small heeled shoes. All donations would be much appreciated.

Dates for your diary

**Wednesdays’ during term time** - 10.00, Dunannie toddler club-all pre-schoolers welcome

**Friday 8 February** - School Council Disco- Groups 18.00-19.00, Blocks 19.00-20.00

**Saturday 9 February** - Dunhurst Open Morning

**Tuesday 12 February** - Block 1-Parent/Teacher meetings

**Wednesday 13 February** – Block 1 – Parent/Teacher meetings. Half term starts, normal school day, no Peef or community service, school closes at 17.30, so no supper or Blocks activities.

A gentle reminder about dropping off your children in the morning. It may seem an opportune time to meet with teachers, but this is not always the case as often they are managing tutor groups/ classes and giving important messages for the day ahead. As ever, the teachers are happy to have a quick chat but please find a mutually convenient time to have a meeting.

In closing, we will be saying farewell to Gill Manklow who has been (over the last 5 years) Librarian, Science and English teacher. We wish her well in her future endeavours.

Have a wonderful weekend and I look forward to seeing you next week for the final few days of this half term.
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<td>09 Feb 2019</td>
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<td>Block 1 - Parent / Teacher Meeting</td>
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<td>Block 1 - Parent / Teacher Meeting</td>
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<td>Half Term Starts</td>
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<td>Boarders Return</td>
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<td>Dunhurst Term Starts</td>
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<td>Block 2 - Parent / Teacher Meeting</td>
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<td>Block 1 - Show Evening Performance (The Well)</td>
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<td>Bedales Open Morning</td>
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<td>Block 2 - Parent / Teacher Meeting</td>
<td>02 Mar 2019</td>
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<td>Block 1 - Show Matinee Performance (The Well)</td>
<td>02 Mar 2019</td>
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<td>Group 2 - India Day</td>
<td>05 Mar 2019</td>
<td>09:00 - 12:00</td>
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<td>Year 3 - Shrove Tuesday Pancakes/PJs/Stories at Dunhurst</td>
<td>05 Mar 2019</td>
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<td>Dunhurst Jazz Day</td>
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<td>Blocks' Exhibition</td>
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<td>Leave Weekend</td>
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<td>Boarders Return</td>
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<td>Petersfield Festival - Selected Blocks Musicians Performing</td>
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<td>Block 2 - KS3 Marine Engineering Workshops</td>
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<td>Dunhurst - Grandparents Morning</td>
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<td>Petersfield Festival - Selected Blocks Musicians Performing</td>
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<td>Block 2 - Art and Design trip to Oxford</td>
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<td>Block 1 - KS3 Marine Engineering Workshops</td>
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<td>Groups' - Parent / Teacher Meeting</td>
<td>21 Mar 2019</td>
<td>16:00 - 18:00</td>
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<td>Dunhurst Spring Concert</td>
<td>26 Mar 2019</td>
<td>19:00 - 20:00</td>
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<td>Dunhurst Term Ends</td>
<td>29 Mar 2019</td>
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What’s Been Happening...

COMMUNITY SPIRIT ALL AROUND

True Dunhurstian spirit and some good old fashioned hard graft from our Block 1s who spent their ODW lessons on Saturday morning clearing footpaths and steps so that pupils, teachers and parents could make their way safely around the school!

Community Service at Dunhurst
Here at Dunhurst, we give the Block pupils the opportunity to volunteer for Community Service. This can take many forms: fundraising for local charities, gardening, school performances and helping in local schools being just some of the options available. I have had the privilege of accompanying Miranda to Hollywater School every Wednesday afternoon, and so she has written a short article about her experiences there.

Su Robinson

Miranda’s Letter
I think that Community Service is a great opportunity to help out our community and give something back.

I have been doing Community Service for two terms and I have really enjoyed it. I have been going to Hollywater School as my community service choice but you can also help at Steep School or Dunannie.

Usually you would do this for one term but I found it really rewarding so I decided to carry on going. Hollywater is a special needs school and so far I have helped with two year groups. For my first term I was placed in the reception to year one class. Helping out there consisted mainly of helping with talking skills and taking them out for walks in the playground as well as getting out the iPads and helping with their play skills. This was great fun as you could show them how to use the swings or slides and other climbing equipment as well as helping with other fine motor skills such as jumping, running or learning to sign. This was also a valuable learning opportunity for me as I had the environment around me to learn a bit of sign language which I have always thought of as a good skill to know.

In my second term, which we are only half way through at the moment, I have been working with the year three class and this means as they are older than the other year group there are more structured lessons. Every two weeks a therapy dog comes in to help them learn to be gentle as well as help them to overcome any fear of dogs that they might have. They also have Science lessons in which the topics have included; learning which way things go when they fall and that its gravity that makes them go that way; whether things float or sink and the difference between pushing and pulling.

Overall I think that community service is something that should be available to more children and schools.

Miranda Kennedy – Block 1
What’s Been Happening...

OVERVIEW OF THE WEEK

Group 3 Lion King Dance Workshop - pupils learnt dances from the award-winning musical plus communication and team-building in a fun and creative way.

Group 1J re-enacted the Trojan War in Drama!

Snack Français! Snack “surprise”!
On mange des pains au chocolat et on parle français.

Groups pupils won Gymnastic medals and certificates.
Last week we spent our ODW lessons celebrating the RSPB’s Big Schools’ Birdwatch; birdwatching, using spotter guides, making feeders and viewing the action on our bird box and feeder cameras. Our challenge was for everybody at Dunhurst to make a bird feeder, so that we could help to increase the availability of food during the cold weather. We were on track, with 11 out of 14 classes done - when the snow came! Hopefully the remaining few classes can make their feeders this week! You can see our official results on this pie chart, and find out more about the event by following this link:

MATCH REPORTS

U10 A Hockey v Ditcham Park (W 2-0)
This was another chilly match that required real determination from the girls. We started well, clearly keeping in mind the need to hold positions, so as to have strength in the defence and attack. We gained a reasonably early goal which gave us confidence, and the girls were communicating well. By half time, we were 2-0 up but some of our passes were getting a little rushed, so in the second half we focused on taking a little extra time to look up and find the correct player for the pass. The girls are really starting to link passes well, and are often looking for the pass down the wing, and not just back into the middle of the pitch. A well-deserved win – good work!
Freya

U10 Boys' Hockey v West Hill Park (D 0-0)
Making use of half the AstroTurf, the U10 boys had a lot of space to play in against a strong West Hill Park team. The ball was passed around a lot by both teams, however, neither team could break the deadlock. Some strong defending from Felix, Alex and Ruairidh stopped West Hill Park taking the lead on several occasions. Unfortunately, Dunhurst could not score either and the game ended 0-0. A special mention must go to Savva who received a nasty knock during the game but has subsequently recovered.

U11B Boys' Hockey v Meoncross (W 4-1)
There was some excellent hockey on display as Dunhurst came out victorious 4-1. Hero opened the goal scoring account for Dunhurst before Meoncross equalised. On the brink of half time, Cassius finished off an excellent team move to put Dunhurst ahead. The boys extended their lead in the second half thanks to William, before Hero scored a final breakaway goal to leave the final score 4-1.
Duncan

U11 Girls' Hockey v Portsmouth Grammar School
On Wednesday 6th February the U11 girls' Hockey teams went to Portsmouth Grammar School, to their Hilsea Playing Fields, to play Hockey. When we arrived, PGS only had 10 girls, so we decided to mix up all of the students and play a mini-tournament. After a quick warm up the first round of games started. The pitches were long and thin, so good stick work skills were crucial to gain and maintain possession. There was strong defending from Maia and Raffi but, strangely, although there were no goalkeepers, only one goal!
In the second set of matches the players got used to the pitches and their team mates, so their confidence grew. In attack, Izzy R, Phoebe and Tilly were all strong and managed to pop in a few goals. Sophie L was amazing too, running everywhere! By the third and final round it was evident that everyone was really having fun as well as improving their Hockey. Charlotte L had a great game on the wing and was instrumental in her team’s success.
At the end of the afternoon’s play, we had tea in the pavilion, thanked our opposition and returned to Dunhurst.
Debbie
U11 Boys' Hockey (Training Match) v Meoncross 8-0 (Win)
Dunhurst U11 boys hosted the Meoncross Hockey team on the astro at Dunhurst for a training match. Dunhurst were on a high and raring to go, post the win last week. Dunhurst worked hard with their positional play and sweeping passes, moving the ball speedily and accurately around the pitch. Meoncross being the less experienced team worked hard on their positional play and passing. The Dunhurst boys encouraged open play and made space to help Meoncross gain some more experience at set moves within their gameplay. At the end of the session it was 8-0 to Dunhurst. I was extremely proud at how encouraging and supporting the Dunhurst Boys were within the training match, with a display of sportsmanship and friendly encouragement to all players.

David

U11 Rugby v Ditcham Park
Following the success of their match two weeks ago, the U11 rugby team were in high spirits as they took on Ditcham Park. This week they soon found themselves up against an incredibly strong team, who rarely missed a tackle and ran with speed and intent. It was great to see the Dunhurst team undeterred and play confident attacking rugby. I was delighted with how well the boys supported each other and committed fully to each tackle and the ruck or maul that was subsequently formed. Although we have some work to be done on our attacking plays, with positioning and passing a priority, the boys have come a long way since we began our rugby journey last term. They did not win the match on this occasion but were all in high spirits as we boarded the bus home.

Will

U13A Hockey v Alton Convent (L 1-0)
The U13As played under floodlights yesterday as they hosted Alton Convent. With the squad taking a hit through injury and illness a few B team players were promoted for the week and were an asset to the team. Nell held her nerve in defence and worked hard making some critical challenges and supporting Izzy L down the left wing. Rosie V also stepped up as goalkeeper and although wasn’t really tested in the first half she definitely made some impressive saves in the second half. A superb run from Alton left the CF open who impressively chipped the ball into the net. The score was 0-1 at half time but Dunhurst were very much still in contention. They recovered quickly and were unlucky not to score early in the second half when a ball was driven into the D. The ball inched past the mouth of the goal, Izzy L was there, primed, and so unlucky not to connect and pinch the ball into the goal. Pandora MH worked tirelessly down the right wing with Jazzi E really finding her feet and played some fantastic balls into the Dunhurst attacking D. Saffi F had some chances in the D but they were impressively saved by the Alton keeper. Rebekah L was fearless in the centre, taking a heavy knock defending a short corner but playing on regardless. Also, with some impressive runs down the pitch and slick stick skills, she earned herself the Player of the Match. Well done to all who played and credit to the team who adapted with new players at short notice.

Heather

U13B Girls' Hockey v Alton Convent (L 1-6)
Having played Alton Convent two weeks ago, the team knew this was going to be a hard game. Playing with no GK’s meant that it was an open game and Alton capitalised on not having a GK straight away with a great strike at goal. This gave Dunhurst a wake-up call and Grace was instrumental in getting the ball wide to Iris, who used her pace to drive into the circle and shoot at goal. Unfortunately, Alton’s defence were strong and they cleared the ball well. Well done to Millie T on her debut, she made some vital tackles and interceptions. Dunhurst got on the score sheet and this was a great team goal, where Millie had a hit out and passed wide to Sophie who passed the ball down the right wing to Iris who stormed into the D and scored! Posy was unlucky not to get on the score sheet, she showed good stick control in the circle but Alton were strong in the tackle. Eliza made some great clearances from defence and grew in confidence when in possession of the ball. Issy showed great stick skills when she had the ball and did well to keep the width for the team. Unfortunately, the game ended 6-1 to Alton but I was really pleased with the team’s passing and we must now work on clearing the ball from defence to our attack. Well done to Iris for being named the Bee’s Knees.

Shelley
U13 Boys' Hockey Tournament

WPH – Dunhurst lost 4-1
Durlston – Dunhurst lost 2-0
Castle Court – Dunhurst lost 0-1
Dunhurst – Stroud won 1-0
Dunhurst – Walhampton lost 2-1

A good but tough tournament. We were very strong when it came to defending short corners as throughout the tournament, we only conceded one goal from them. Our stick skills were good and passing, although accurate didn’t always reach our intended targets. So we started to drop in closer and attack the ball to claim it.

Some of the our individual tactics and skills were excellent. We did change our game plan to put someone at the top of the oppositions D ready to reply from a clearance.

We would, could and should have scored more, but the opposition keepers made outstanding save after save!

We improved throughout. A good time had by all.

Aaron

U13B Hockey v Lord Wandsworth College (2-3)

The U13B team rightly felt aggrieved to have come away with a defeat from this match, in which they dominated many stretches of play. Unfortunately that is the way sport goes sometimes. The boys were a little sluggish at first and went behind early in the match, before really finding their groove. They then started building well from the back with Ned and Theo doing superbly well to snuff out the LW through balls, before picking the gaps in their opponents midfield.

Despite a prolonged stretch of attack, they were unable to find the equaliser and it was only the heroics of Will in goal that prevented LW stretching their lead further on the counter attack.

In the second half the Dunhurst team really piled on the pressure. With Theo tucking in to a sweeper role and giving Ned the freedom to push forward slightly, the ball was more regularly finding Stan, Dom and Bo who became an attacking 3. Eventually the boys’ efforts were rewarded as Stan found the equaliser. Unfortunately though, this did not last. The attacking formation comes with its risks and despite Rhomey’s best efforts at getting back to support the defence LW broke and were back in the lead. Dunhurst really piled on the pressure for the remaining 5 minutes and were rewarded when Dom once again found the equaliser. With the last play of the match LW were awarded a short corner. From which a goal mouth scramble unfolded, with the boys desperately trying to keep the ball out. Despite their best efforts, the ball scraped across the line following a deflection and with it the final whistle blew. Well done all for a thoroughly enjoyable match to watch.

Will

U13 Rugby v Great Ballard (W 45-35)

The U13 rugby team were welcomed on to the mem pitch with sunny intervals. Our team was overcome by a sense of fear that we would lose the match. The game had started with Dunhurst kicking off. We made lots of passes at the start for Dylan to score a try. Oscar scored another try a couple of minutes after Dylan, to make the score 10-0. With Great Ballard running through our defence, they managed to score a try. With a couple of minutes left to go of the first half Oscar managed to score another try. With a quick team talk we were back at playing rugby. Great Ballard scored the first try of the second half but soon after Oscar would score his third try to make the score 20-10 to Dunhurst.

Dylan would soon score his second try of the game and then Oscar to give us boost to win. The score now 30-10 to Dunhurst. Our team now believed that we could win. Dylan would later on score three more tries and Great Ballard to score five more tries as well.

The final score was 45-35 to Dunhurst. The two ‘Man of the Matches’, as chosen by Great Ballard, were Dylan and Oscar. Well done to the team and thank you to Steve for taking us.

Max C
U13 Hockey v Lord Wandsworth (D 1-1)

The Dunhurst U13C hockey team started the build up to the game one man down. As well as lacking a player, we were also lacking someone willing to volunteer for goalkeeper. However, both of these issues had an easy solution. Ben stepped up to the plate, and agreed to be goal keeper (with some slight bribery - a caramel wafer), and Lucas volunteered to fill in as our seventh player.

With our problems solved, we began the game. With Lord Wandsworth starting with possession, they attempted to make a play up the field. However, Sam and Charlie, who showed persistent defence, stopped them short with the ball being cleared to the side. The opposition attempted another play, however they were resisted yet again, and the ball was swept up the field. Dunhurst now had their first possession of the ball, and slowly made their way up the pitch, with a shot on goal saved by the opposition's keeper.

Plays like these carry for the remainder of the half. After half time, the stale-mate was finally broken. Lord Wandsworth shot but Ben saved the goal. Despite our best defensive work, the opposition managed to collect the rebound and go in for another shot which narrowly missed Ben's foot and went straight into the goal.

Dunhurst did not give up though, we rushed the ball down the pitch and managed to score another point, making the scores 1-1. However, after all this, the stale-mate continued. Ben, Sam and Charlie continued the amazing defensive work. With time running out, the final play of the game was a short corner. The opposition prepared their team; the ball was passed but Zeb scooped it away.

Full time...

Big thanks to Max and Colin for taking us. In addition, thanks to Lucas for taking one for the team and opting in to play.

Sam C
TAKE THAT CONCERTS
TICKET AUCTIONS

Celebrating 15 years of amazing music at Bedales we are delighted to be 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 within the stadium. To coincide with the Bedales 2019 Rock Show 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 in aid of the John Badley Foundation. Please bid generously!

BOARDERS’ TRAIN TIMES

Friday – Petersfield to London - Train leaves Petersfield at 17:48 Arrives at Waterloo at 18:59
Saturday – Petersfield to London - Train leaves Petersfield at 13:58 Arrives at Waterloo at 14:57
Sunday – London to Petersfield - Train leaves Waterloo at 18:30 Arrives at Petersfield at 20:24

Staff contact number on the train: 07810860829
Dunhurst Matrons’ number: 07970773568
Dunhurst Reception number: 01730 300200

WANTED!
A HAPPY HOME FOR OUR COCKERELS

Back in the Spring/Summer term of 2018, we hatched some chicken eggs in ODW. It was a lovely project; all classes were involved, and we visited several local schools and nurseries with the chicks. Of the six eggs, five hatched successfully. Three were cockerels! If anybody would like to give one, or more, a happy home, I would love to hear from you. They are incredibly handsome chaps – I remember choosing rare / fancy breeds when I selected the eggs. Unfortunately, I now can’t remember exactly what they are! But I’m fairly sure we have a Pavlov – with the punk rocker hair! A cream Legbar – with the long tail feathers, and another Legbar. We have built a small, temporary run, but I believe they would be more suited to a farm (or somewhere not too residential) – as they crow in the morning! They are all fancy breeds, big, strong – in rude health – so might be of interest if you were thinking about breeding. Do drop me an email if you are interested, rwalsh@bedales.org.uk.

Many Thanks, Ryan
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?

**Camilla (Bashaarat)**

**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)

**MONDAY 18 MARCH – A FEW PLACES STILL AVAILABLE!**

**MONDAY 18 MARCH – SAUERKRAUT AND FERMENTATION WORKSHOP**

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**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 to 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 ‘Nature’s 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 10 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 – 3.00pm
Price: £75 (this includes a £5 donation to The Africa Yoga Project)

SATURDAY 23 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 quiet thanks for its return to full spate.”

Venue: Woolhouse, Stedham, GU29 0QH
Timing: 10am – 12.30/1.00pm
Price: £17.00

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

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

All best wishes,

Camilla
### DUNHURST LUNCH MENU - Week Three Jan 21st, Feb 11th

<table>
<thead>
<tr>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THUR</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Homemade Soup</strong></td>
<td><strong>Soup of the Day</strong></td>
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<tr>
<td><strong>Classic Main</strong></td>
<td><strong>Chilli con Carne with Sour Cream &amp; Nachos</strong></td>
<td><strong>Roast Beef &amp; Yorkshire Puddings</strong></td>
<td><strong>Creamy Chicken, Bacon &amp; Sweetcorn Risotto</strong></td>
<td><strong>Theme Day</strong></td>
<td><strong>Fresh Battered Cod Fillets</strong></td>
<td><strong>Salmon Fish Fingers</strong></td>
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<tr>
<td><strong>Vegetarian</strong></td>
<td><strong>Quorn &amp; Bean Chili Con Carne</strong></td>
<td><strong>Thai Butternut Squash &amp; Green Bean Curry</strong></td>
<td><strong>Mediterranean Vegetable &amp; Tomato Pasta</strong></td>
<td><strong>Theme Day</strong></td>
<td><strong>Mac 'n' Cheese</strong></td>
<td><strong>Vegetable Wrap Pockets</strong></td>
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<tr>
<td><strong>Jacket Potato &amp; Pasta Bar</strong></td>
<td><strong>Wholemeal Fusilli Creamy Tomato Baked Beans Grated Cheddar</strong></td>
<td><strong>Wholemeal Fusilli Tomato &amp; Basil Grated Cheddar</strong></td>
<td><strong>Penne Arrabiata Baked Beans Grated Cheddar</strong></td>
<td><strong>Theme Day</strong></td>
<td><strong>Wholemeal Fusilli Chunky Chorizo Baked Beans Grated Cheddar</strong></td>
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<tr>
<td><strong>Carbohydrates</strong></td>
<td><strong>Steamed Rice</strong></td>
<td><strong>Roast Potatoes Steamed Rice</strong></td>
<td><strong>Penne Pasta</strong></td>
<td><strong>Theme Day</strong></td>
<td><strong>Chunky Chips</strong></td>
<td><strong>Chunky Potato Wedges</strong></td>
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<tr>
<td><strong>Vegetable Choice</strong></td>
<td><strong>Green Beans Carrots</strong></td>
<td><strong>Broccoli Diced Swede</strong></td>
<td><strong>Courgettes Sweetcorn</strong></td>
<td><strong>Theme Day</strong></td>
<td><strong>Mushy Peas Baked Beans</strong></td>
<td><strong>Chilli &amp; Lemon Sweetcorn</strong></td>
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<tr>
<td><strong>Dessert</strong></td>
<td><strong>Blackcurrant cheesecake</strong></td>
<td><strong>Fruit Salad</strong></td>
<td><strong>Eve’s Pudding &amp; Custard</strong></td>
<td><strong>Theme Day</strong></td>
<td><strong>Mixed Berry &amp; Cream Tarts</strong></td>
<td><strong>Home Baked Giant Cookies</strong></td>
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### DUNHURST SUPPER MENU - Week Three

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<th>SATURDAY</th>
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<tr>
<td><strong>Homemade Bread</strong></td>
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<td><strong>Assorted Filled Baguettes with Salad, Fruit &amp; Cakes</strong></td>
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<tr>
<td><strong>Vegetarian</strong></td>
<td><strong>Pork Meatballs in a Tomato Sauce</strong></td>
<td><strong>Lamb, Coriander &amp; Apricot Tagine</strong></td>
<td><strong>Jumbo Cod Finger Wraps with Tartare Sauce</strong></td>
<td><strong>Chicken New Yorker with Barbecue Sauce &amp; Cheese</strong></td>
<td><strong>Traditional Greek Moussaka</strong></td>
<td><strong>Boarders’ Choice</strong></td>
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**A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY**