Group 3 enjoyed Australia Day last Thursday

At a Glance

The Week Ahead
Letter from Colin
Parents - Term Dates
News from Outdoor Work

Match Reports
Notices
Menus Next Week

Overview of the Week
Aspire Sports Trip

Read more
Read more
## The Week Ahead

### Mental Health Awareness Week

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
</table>
| **Fri 1 Feb** | *09.00-16.00 NSPCC Number Day*  
*16.30-17.30 JAW - Jenny Clare-Yeates - ARC Crossing*  
*18.00-19.00 Groups’ - School Council Disco*  
*19.00-20.00 Blocks’ - School Council Disco* |
| **Sat 2 Feb** | *10.00-14.00 Bedales Open Morning* |
| **Sun 3 Feb** | *18.00-20.00 Boarders return* |
| **Mon 4 Feb** | *08.50-13.00 Groups - Lion King Dance Workshop* |
| **Tue 5 Feb** | *Internet Safety Day* |
| **Wed 6 Feb** | *13.30-15.00 U10 + U9 Girls’ Hockey Training Match*  
*13.30-15.00 U13B + U13C Boys’ Hockey v Lord Wandsworth (H)*  
*13.45-17.00 U13A Boys’ Hockey Tournament at West Hill Park (A) (leave Dunhurst 12.30)*  
*14.30-16.00 U13 Rugby v Great Ballard (H)*  
*14.30-16.00 U10 + U11 Boys’ Hockey v Meoncross (H)*  
*14.30-16.45 U11A + U11B Girls’ Hockey v PGS (A) (leave Dunhurst 13.30)*  
*15.15-17.15 U11 Rugby v Ditcham (A) (leave Dunhurst 14.45)*  
*16.30-17.45 U13A + U13B Girls’ Hockey v Alton Convent (H)* |
| **Thur 7 Feb** | *13.30-15.30 Activity Afternoon - Year 3 join Group 1 at Dunhurst*  
*16.30-18.30 U12 Gymnastics Competiton v Priorsfield School (A) (leave Dunhurst 15.00pm)* |
| **Fri 8 Feb** | *11.00-16.00 Dunhurst Talking Drums Workshop*  
*14.00-16.00 Dunhurst Talking Drums Workshop*  
*16.30-17.30 JAW - Simon Whittaker - Talking Drums* |
| **Sat 9 Feb** | *10.00-13.00 Dunhurst Open Morning* |
| **Sun 10 Feb** | *null* |
Dear Parents,

We have had great excitement with the thought of snow this week as the children have been waiting in anticipation for the white stuff to fall from the sky. I heard a wonderful comment from a Block 2 pupil saying ‘In Canada, it has to get to 1 meter 20 cms before anyone panics’ and from a Group 3 child, ‘I hope it’s a snow day tomorrow. It’s such fun coming into school when it snows and we all sledge down Cobb’s Field on trays together, then get cosy and warm with hot chocolate and duvets’. #makingmemories.

Well, the weather forecast predicted correctly and snow arrived over night! Today has been a normal day for those who came in. Extended break times were added for extra snow play and sledging on Cobb’s Field, (once we managed to get the electric fence at the bottom removed!)

Please look out for a letter today updating parents on a marketing research exercise undertaken by the school. If you would like to discuss the work relating to the Bedales ethos with Victoria, Colin and Magnus, you are welcome to come and discuss it with them in the Dunannie Library on Monday (4 February) at 17.30.

**Thought of the week**

**WATCH YOUR THOUGHTS, FOR THEY BECOME WORDS.**

**WATCH YOUR WORDS, FOR THEY BECOME ACTIONS.**

**WATCH YOUR ACTIONS, FOR THEY BECOME HABITS.**

**WATCH YOUR HABITS, FOR IT BECOMES YOUR DESTINY.**

**Family supper debate, just for fun!**

Can you cast a shadow in a dark room?

**The week that was…**

Thank you to Mollie and Millie who hosted assembly on Monday. Ryan and Viggo spoke to us about ‘The Big Schools’ Birdwatch’, which was this week. Ryan taught us bird watching slang words, ask your children about: a twitcher, bins, a dude, BOP, a warbler neck, a spark bird, a mega tick and a crippler.

Su has been encouraging us all to spare a thought for the homeless. She has been collecting warm clothes and blankets, which she will be delivering to volunteers providing @shelter and clothing in Portsmouth.

Some of our talented musicians and artists attended their scholarship assessment at Bedales this week. Well done to all who took part. Your teachers and I are proud of you all, you conducted yourselves with such composure and maturity.
It is wonderful to see pupils choosing to read during their own time. Freya has really inspired us all to get #caughtreading. The Accelerated Reading project has been a great success with fantastic results.

The School Council meeting was filled with great excitement, talking through the preparations for the disco on Friday night. Unfortunately, the disco has been postponed due to weather and icy conditions for pick up later tonight. A new date will follow shortly. It promises to be a fun packed evening!

It was wonderful to welcome Year 2 and 3 Parents from Dunannie to a Curriculum Evening this week. Our passionate staff spoke about the diverse, rigorous curriculum we offer our pupils at Dunhurst. I had many spine tingling moments during the evening. It was exciting to hear our staff speak about the curriculum, but also the unique relationship the staff have with each other, which the children notice. The children are a reflection of our role modelling. Which is why we have such a respectful community full of love and fun.

Despite a few last minute cancellations by other schools, we still had 10 hockey teams in action on Wednesday afternoon, with the Bedales Astro in use throughout the afternoon. It was great to see such a high standard of hockey being played and some great results recorded. The highlight being a memorable win for the U11s at West Hill Park. I enjoyed umpiring the U113B Boys Team and U11Girls’ teams - great play by all.

During Thursday’s assembly Group 3 performed a heartfelt rap to help raise awareness of the importance of saving the orangutans in Sumatra and Borneo (threatened by deforestation). The backdrop was their superb collaborative installation of their entry for the David Shepard Wildlife Competition. Block 2 also selected artwork created for the ‘Christmas Challenge’. Well done to all applicants. Some fantastic work was created showing real dedication to the project. Well done to Stan Howarth who was awarded the ‘Golden Paintbrush’ for his outstanding painting.

Thank you to all pupils who supported the National Number Day raising money for the NSPCC by wearing digits.

ODW lessons have been celebrating the RSPB, Big Schools’ Bird Watch. Everyone has taken the time to bird watch this week and make a bird feeder. It has been wonderful to see apples studded with sunflower seed appear all over the grounds. The vegetable beds have also been replaced with straw/manure ready for our crops to start to grow.

The Design Barn has been a hive of activity with creations from tricky wooden shapes cut and sanded, to exquisite model dolls’ houses with tiny furniture inside. The 3D printer has been in use too.

**Dates for your diary**

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

**Friday 1 February** - School Council Disco - postponed - date to follow

**Monday 4 February** - Mental Health Awareness Week

**Saturday 9 February** - Dunhurst Open Morning

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

**Wednesday 13 February** - Half term, normal school day, however, school closes at 17.30, so no supper or Blocks’ activities. Train times to be confirmed.

Have a wonderful weekend, and I look forward to seeing Block pupils tomorrow morning for school, as usual, and Monday for everyone else.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Start Time</th>
<th>End Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bedales Open Morning</td>
<td>02 Feb 2019</td>
<td>10:00</td>
<td>14:00</td>
</tr>
<tr>
<td>Groups’ - Lion King Dance Workshop</td>
<td>04 Feb 2019</td>
<td>08:00</td>
<td>13:00</td>
</tr>
<tr>
<td>Dunhurst Talking Drums Workshop</td>
<td>08 Feb 2019</td>
<td>11:00</td>
<td>16:00</td>
</tr>
<tr>
<td>Dunhurst/Dunannie Open Morning</td>
<td>09 Feb 2019</td>
<td>10:00</td>
<td>13:00</td>
</tr>
<tr>
<td>Block 1 - Parent / Teacher Meeting</td>
<td>12 Feb 2019</td>
<td>16:00</td>
<td>18:30</td>
</tr>
<tr>
<td>Block 1 - Parent / Teacher Meeting</td>
<td>13 Feb 2019</td>
<td>14:00</td>
<td>16:00</td>
</tr>
<tr>
<td>Half Term Starts</td>
<td>13 Feb 2019</td>
<td>16:00</td>
<td></td>
</tr>
<tr>
<td>Boarders Return</td>
<td>24 Feb 2019</td>
<td>18:00</td>
<td></td>
</tr>
<tr>
<td>Dunhurst Term Starts</td>
<td>25 Feb 2019</td>
<td>08:15</td>
<td></td>
</tr>
<tr>
<td>Block 2 - Parent / Teacher Meeting</td>
<td>01 Mar 2019</td>
<td>16:00</td>
<td>18:30</td>
</tr>
<tr>
<td>Block 1 - Show Evening Performance (The Well)</td>
<td>01 Mar 2019</td>
<td>19:00</td>
<td>20:00</td>
</tr>
<tr>
<td>Bedales Open Morning</td>
<td>02 Mar 2019</td>
<td>10:00</td>
<td>14:00</td>
</tr>
<tr>
<td>Block 2 - Parent / Teacher Meeting</td>
<td>02 Mar 2019</td>
<td>11:00</td>
<td>13:30</td>
</tr>
<tr>
<td>Block 1 - Show Matinee Performance (The Well)</td>
<td>02 Mar 2019</td>
<td>11:30</td>
<td>12:30</td>
</tr>
<tr>
<td>Group 2 - India Day</td>
<td>05 Mar 2019</td>
<td>09:00</td>
<td>12:00</td>
</tr>
<tr>
<td>Year 3 - Shrove Tuesday Pancakes/PJs/Stories at Dunhurst</td>
<td>05 Mar 2019</td>
<td>18:00</td>
<td>19:00</td>
</tr>
<tr>
<td>Dunhurst Jazz Day</td>
<td>07 Mar 2019</td>
<td>09:00</td>
<td>15:00</td>
</tr>
<tr>
<td>Blocks' Exhibition</td>
<td>08 Mar 2019</td>
<td>15:00</td>
<td>16:00</td>
</tr>
<tr>
<td>Leave Weekend</td>
<td>08 Mar 2019</td>
<td>16:00</td>
<td></td>
</tr>
<tr>
<td>Boarders Return</td>
<td>10 Mar 2019</td>
<td>18:00</td>
<td></td>
</tr>
<tr>
<td>Petersfield Festival - Selected Blocks Musicians Performing</td>
<td>18 Mar 2019</td>
<td>19:00</td>
<td>20:30</td>
</tr>
<tr>
<td>Block 2 - KS3 Marine Engineering Workshops</td>
<td>19 Mar 2019</td>
<td>09:00</td>
<td>14:00</td>
</tr>
<tr>
<td>Dunhurst - Grandparents Morning</td>
<td>19 Mar 2019</td>
<td>10:00</td>
<td>11:30</td>
</tr>
<tr>
<td>Groups’ - Parent / Teacher Meeting</td>
<td>19 Mar 2019</td>
<td>16:00</td>
<td>18:00</td>
</tr>
<tr>
<td>Petersfield Festival - Selected Blocks Musicians Performing</td>
<td>20 Mar 2019</td>
<td>19:00</td>
<td>20:30</td>
</tr>
<tr>
<td>Block 2 - Art and Design trip to Oxford</td>
<td>21 Mar 2019</td>
<td>07:30</td>
<td>18:00</td>
</tr>
<tr>
<td>Block 1 - KS3 Marine Engineering Workshops</td>
<td>21 Mar 2019</td>
<td>09:00</td>
<td>14:00</td>
</tr>
<tr>
<td>Groups’ - Parent / Teacher Meeting</td>
<td>21 Mar 2019</td>
<td>16:00</td>
<td>18:00</td>
</tr>
<tr>
<td>Dunhurst Spring Concert</td>
<td>26 Mar 2019</td>
<td>19:00</td>
<td>20:00</td>
</tr>
<tr>
<td>Dunhurst Term Ends</td>
<td>29 Mar 2019</td>
<td>14:30</td>
<td></td>
</tr>
</tbody>
</table>
What’s Been Happening...

NEWS FROM OUTDOOR WORK

Norwegian Wood by Lars Mytting

At this time of year, I’m sure many of you are firing up your log burners fairly early, and keeping them going all day – we certainly have been in ODW this week!! And I suspect anyone with a log burner would agree; it is easy to become obsessed with a well stacked log pile. (I often annoy my wife by pointing out impressive log stacks in TV shows and films.) If so, this is the book for you. Lots of lovely history, folklore – plus excellent advice. The Scandinavians really are the experts on this subject!

“Whether you are a seasoned woodcutter, or your passion is yet to be kindled, Norwegian Wood is the perfect fireside read.”

Also from the author; although it is this book that made him a household name, Mytting has written several award-winning works of fiction. The Sixteen Trees of the Somme was an award winning, debut novel.

The Explorer by Katherine Rundell

I bought this from the Dunannie Christmas Fair for 50p and immediately started reading it to my daughter. We both loved it. Though set faraway in the Amazon jungle, there are themes that we are passionate about here in ODW – nature, conservation . . . . bushcraft! It’s a big read – 400+ pages. I’d recommend it as a great story for parents to read at bedtime, or an independent reader for Group 2 children upwards.

“I loved The Explorer. On one level it’s a very exciting adventure story of four children fighting for survival in the Amazon - but it’s also saying profound things about human nature and love and loss” Jacqueline Wilson

Also from the author; The first chapter of “The Wolf Wilder” is included at the back of The Explorer – and it’s great!

Ryan
What’s Been Happening...

OVERVIEW OF THE WEEK

Group 3 Australia Day
The children were very excited about playing didgeridoos and meeting a range of interesting creatures.

Group 3 acting out conversations to practise French phonics.
Every pupil took part in the Big Schools’ Bird Watch.

Group 3 performing their rap to help save orangutans.
Group 2A dissected a flower in Science.
MATCH REPORTS

U9 Girls Hockey v Prebendal and PGS
The U9 Girls hockey team set off to PGS on a glorious afternoon. On arrival Marlowe led an excellent warm up and then the girls were divided into four teams to play a mini tournament with PGS and Prebendal. The teams were a mix of the three schools. Without any fuss our girls got straight into the spirit of the tournament and with new team mates they decided on positions and got stuck into their matches. At times the girls found it a little strange playing against each other but there was some excellent defending and our running into space improved throughout the tournament. There was no overall winner announced, just a great afternoon of hockey for everyone.

Karen

U11A Girls’ Hockey v Ditcham Park (W1-0)
This game was played at a high tempo from the start with Dunhurst piling the pressure on the Ditcham defence. Tilly and Phoebe were superb on the wings, driving with the ball and crossing the ball well to Poppy in the D. The Ditcham GK made some superb saves and Dunhurst were unlucky not to score by half time. A quick changeover at half time kept the team moving in the chilly conditions and again from the off, Dunhurst attacked with pace. Maia was strong in the middle of the pitch, making some vital tackles to bring the ball from defence and feed the ball to our attacking players. Izzy R and Jazz were alert the whole game in defence and were strong in the tackle. Izzy was great at taking the self pass from the hit out to create space and this allowed Phoebe to run into space on the right hand side. Ditcham’s attacking play was limited but when they did break through, Jazz made a vital tackle and interception to stop there being a 1-on-1 with Ella as our GK. Ella had a quiet game in goal but when she was needed she cleared the ball well out wide and away from the attacking players. With 5 minutes to go and lots of possession from Dunhurst, the team were rewarded with a goal by Poppy. The ball was fed into the circle from the midfield to Tilly who did a great quick pass to Poppy who was decisive in front of goal! The game ended 1-0 to Dunhurst - a great team effort from everyone and a big thank you to Ella for stepping up and going in goal. Well done to Poppy for being named the ‘Bee’s Knees’!

Shelley

U11B Hockey v West Hill Park (L 1-3)
It was a cold Match against West Hill Park School. In the first half of the match we had a couple of amazing passes by Eliot, Hero, me and Wulfie and great saves by Benny, Dexter and Jamie but, unfortunately, they scored. In the middle of the second half Eliot scored an amazing goal but they got past us and scored again. We defended and attacked with all our might but they scored for the last time and a couple of minutes later the match ended. A big thanks to David for coaching us and to everyone who played.

Will S

U11A Boys Hockey v West Hill Park (W 6-5)
Wow! What a game of hockey! West Hill Park are notoriously strong and always give us a tough challenge on the hockey pitch. It looked as though it was going to be a long afternoon as they took the lead and dominated the first five minutes of the match. However the Dunhurst team started linking up well and after a good spell were awarded a short corner. Having only practiced these for the first time in our squad training session this morning I was amazed at the slick and professional way Tom injected the ball to Hari on the edge of the D, who then hammered the ball directly into the bottom corner to bring the scores level. Two minutes later Hari found himself in space again at the top of the D. This time his deflected shot looped over the keeper to give Dunhurst a 2-1 lead. West Hill Park then picked up the pressure again and a momentary lapse in concentration at the back gave them far too much space in our D and the score was turned on its head yet again with Dunhurst going into half time 3-2 down. After a quick team talk the boys were back in action and soon found themselves level. This time Henry getting in on the action with a well taken goal. The ball then went from end to end and either team could have won the match. Thanks to some great saves by Tommy, playing in goal for the first time and Charlie and Pendle snuffing out every attack, West Hill Park were unable to score. Some quick thinking by Hari releasing the ball from the 16 early allowed a number of counter attacks and soon Dunhurst were two goals clear and looked as though they were heading for victory. West Hill Park were not finished yet however and continued to force their way back into the game. After another goal either end to bring the score to 6-4, West Hill Park scored their 5th of the match with two minutes to go. It was then an incredibly tense finale as the whole team came back to defend the slim lead. Finally the whistle blew and seven happy faces beamed as they knew they had recorded a famous victory! Well done boys!

Will
SPORT NEWS

SWIMMING SESSIONS FOR PUPILS

The swimming pool is now open
and we need more swimmers!

THE SESSION TIMES ARE:

Tuesday and Thursday Lunchtimes
Groups 12.50-13.30 and Blocks 13.20-2.00

Tuesday Swim Squad
18.00-19.00

Thursday Early Morning Swim
07.30–08.15

Thursday Afternoon
16.20-17.30

Please do come along!
Shelley

MATCH REPORTS

U11B Hockey V Ditcham Park (W 5-3)
A fab effort from all today which resulted in a pleasing win for the U11B team. From the whistle there was a real sense
of urgency and desire to score. Izzy N was formidable in the centre, she was influential in driving the ball down the
pitch and was rewarded with an early goal. She duly converted another in the second half to take her tally to 2. Polly D
worked hard with team mate Sophie to clear the lines. Both making crucial tackles to reduce the Ditcham
opportunities. Polly D cleared from the goal line and Sophie L made some critical tackles gaining possession from the
Ditcham attack. Daisy M and Emily M used the width and utilised the space well. Both finding width from the restarts
and driving into pockets of the pitch to assist the attack. Daisy M scored a peach of a goal from a quickly taken free
pass and Charlotte L badgered her way down the middle of the pitch to score her first of the match. A really good
competitive game with end to end play. The team will now look to change the channel to further improve and try to
maintain possession. Something to look at the next squad session! The final score of the match was 5-3 with Daisy M
being nominated the bees knees. A really big well done to all who played.
Heather

U13 A Hockey v Westhill Park (L 0-7)
Dunhurst were at home for the first time this hockey season and it was a bright sunny afternoon. Unfortunately the
game is a difficult one to describe and the scoreline doesn’t reflect the balance of play. Dunhurst had as much (if not
more) of the play throughout the match and created as many chances (if not more than the opposition). The difference
was Westhill Park were ruthless in front of goal – scoring their seven goals from nine chances created (the other two
kept out superbly by Archie in the Dunhurst goal). The Dunhurst boys just had one of those afternoons where no
matter hard they tried they could just not put the ball in the back of the net. The positives were – that it was an
excellent game of hockey that Dunhurst more than contributed to. The boys worked hard for each other and did
create many scoring opportunities in front of goal. On another afternoon – things could have been very different.
Steve

BACK
We arrived at 10 o’clock and were greeted at the car park. After a quick loo stop we went to one of the sports halls to start the first session. It was hand ball. Craig, our teacher introduced the rules gradually and we learned how to pass over different distances - we struggled a bit with the across the body release and it was difficult to get used to the footwork rules. As the lesson progress we became more proficient and eventually played a full sized game, which was great fun.

After a short break we met Matt who directed a team challenge lesson. We learnt how to trust one another and solve challenges together in small groups. Then a skipping rope was introduced and we had to work together to be able to skip as a group of even even. There were some interesting moments, but eventually managed to achieve at least partial success!

Lunch was eaten in the cafe and then we went to register in a different sports hall for fitness assessments. Andy explained how we could test for different types of athletic fitness and we began with a 20m sprint. This was followed by grip strength, the T run and finally the dreaded ‘Bleep Test’! There were lots of pleasing results, but Sol made it to an impressive Level 12. Exhausted, we thanked our hosts and returned to school.

Debbie P
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

BOARDERS’ TRAIN TIMES

**Saturday Afternoon** – Petersfield to London - Train leaves Petersfield at 13:58 Arrives at Waterloo at 15:14
**Sunday Evening** – London to Petersfield - Train leaves Waterloo at 18:30 Arrives at Petersfield at 19:40

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

LION KING WORKSHOPS

MONDAY 4 FEBRUARY GROUPS 1, 2 AND 3

Please could parents dress Group 1 in something easy to move in for their session on Monday morning

A reminder that there are auditions for this year’s

**YOUTH DANCE PLATFORM**

for Blocks 1 and 2 at 18.10-19.00
On Tuesday 5 and Thursday 7 February
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)

A FEW PLACES STILL 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 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: £7.00

If you would like to reserve a place on any of these events, please email Tracey Harris-Allen 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 Two Jan 14th, Feb 4th

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Homemade Soup</strong></td>
<td>Soup of the Day</td>
<td>Soup of the Day</td>
<td>Soup of the Day</td>
<td>Soup of the Day</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td><strong>Classic Main</strong></td>
<td>Lamb and Vegetable Tagine</td>
<td>Thyme Roasted Chicken Thighs with Gravy</td>
<td>Chunky Beef &amp; Vegetable Hot Pot</td>
<td>Pasta Bolognese with Herby Parmesan Topping</td>
<td>Fresh Battered Cod Fillets Salmon Fish Fingers</td>
<td>Assorted Paninis</td>
<td>---</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td>Moroccan Vegetable &amp; Chick Pea Tagine</td>
<td>Spinach, Potato &amp; Red Onion Puff Pastry Rolls</td>
<td>Vegetable &amp; Lentil Hot Pot</td>
<td>Quorn Bolognese with Herby Parmesan Topping</td>
<td>Butternut, Sage &amp; Tom Quiche</td>
<td>Assorted Paninis</td>
<td>---</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td>Mild Spiced Vegetable Cous Cous</td>
<td>Roast Potatoes</td>
<td>Parsley Potatoes</td>
<td>Garlic Bread</td>
<td>Thick Cut Chips</td>
<td>Kettle Crisps</td>
<td>---</td>
</tr>
<tr>
<td><strong>Vegetable Choice</strong></td>
<td>Green Beans Crushed swede</td>
<td>Fresh Broccoli Carrots</td>
<td>Brussel Sprouts Roast Parsnips</td>
<td>Sautéed Courgettes Cauliflower</td>
<td>Garden Peas Baked Beans</td>
<td>Mixed Salads</td>
<td>---</td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td>Orange Drizzle Sponge &amp; Custard</td>
<td>Chocolate Cheesecake</td>
<td>Rice Pudding with Fruit Compote</td>
<td>Apple &amp; Blackberry Pie with Custard</td>
<td>Assorted Ice Cream</td>
<td>Homemade Cakes</td>
<td>---</td>
</tr>
</tbody>
</table>

A selection of fresh seasonal fruits & yogurts available daily.

### DUNHURST SUPPER MENU - Week Two

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Homemade Bread</strong></td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
</tr>
<tr>
<td><strong>Classic Main</strong></td>
<td>Teriyaki Pork Steaks with Pak Choi</td>
<td>Classic Shepherd’s Pie</td>
<td>Salmon, Cod, King Prawn &amp; Haddock Paella</td>
<td>Pizza Night</td>
<td>Greek Slow Roasted Shredded Lamb</td>
<td>Boarders’ Choice</td>
<td>Buffet supper with hot French bread</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td>Creamy Leeks au Gratin</td>
<td>Vegetable &amp; Quorn Shepherd’s Pie</td>
<td>Mushroom and Thyme Risotto</td>
<td>Pizza Night</td>
<td>Halloumi &amp; Vegetable Pittas</td>
<td>Boarders’ Choice</td>
<td>Buffet supper with hot French bread</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td>Mini Roast Potatoes</td>
<td>Saute Potatoes</td>
<td>Roast Tomato Focaccia</td>
<td>Pizza Night</td>
<td>Warm Pitta Breads</td>
<td>Boarders’ Choice</td>
<td>Buffet supper with hot French bread</td>
</tr>
<tr>
<td><strong>Vegetable Choice</strong></td>
<td>Sweetcorn</td>
<td>Garden Peas</td>
<td>Buttered Corn Cobs</td>
<td>Pizza Night</td>
<td>Assorted Salads</td>
<td>Boarders’ Choice</td>
<td>Buffet supper with hot French bread</td>
</tr>
</tbody>
</table>

A selection of fresh seasonal fruits & yogurts available daily.