

UPPER, LOWER AND ADULT SCHOOL NEWSLETTER SEPTEMBER 2017



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Dear Parent / Guardian or Student,

We hope you had a lovely summer holiday with time to rest and have fun. Our summer school, run by Miss Carla and Miss Katie, was a great success and we hope all those children who attended enjoyed themselves!

In other good news; The All England National finals were held at the Hackney Empire over the Summer and our festival team students performed brilliantly! Many of our teachers were there to support them. The standard was extremely high so we were over the moon when Ruben Garcia won a bronze medal in his modern solo and tap solo!!! On top of this success Ruben and Nico Pereira Da Silva won silver in their modern duet! We are so proud of them! What a wonderful achievement for these young boys. Also, this is a great way to say goodbye to Nico as he has now started his full-time training at White Lodge (The Royal Ballet school) - so we would like to wish him all the best for his training there and a wonderful career in dance. Photos of Nico and Ruben with their medals are now on our facebook page so please do take a look www.facebook.com/southlondondanceschool. Also, we have now started an Instagram page @south_london_dance_school so please make sure you follow us here as well as our facebook page!

Well done to everyone who took examinations with us last term, you will receive your results at your first classes this term. All of the results are outstanding and in particular the ballet results. We'd like to mention Jasmine Gillott who got 96% in her Major Intermediate Ballet examination - this is a professional examination and to achieve this result is extremely impressive - well done Jasmine, we are very pleased for you. Also, to mention two students who gained the unbelievable mark of 99% for their examinations - Hana Puy for Grade 4 ballet and Esme Solomon for Freestyle Bronze. We would like to take this opportunity to thank the parents / guardians who helped; we would not have been able to have done it without you.

Our other exciting announcement is that, after a successful audition process, some of our students will be performing in Jack and The Beanstalk at the New Wimbledon Theatre over the festive period. The competition was very fierce and saw many schools from across London auditioning, so we are absolutely delighted that SLDS and our students have been selected for this prestigious opportunity. The pantomime will star comedian Al Murray and television actor Clive Rowe. Choregraphing the children will be Matt Flint, who you may know as the winner of "So You Think You Can Dance". If you would like to come along to watch a fun show over Christmas and support fellow SLDS students performing then you can find out about the performance here:

<http://www.atgtickets.com/shows/jack-and-the-beanstalk/new-wimbledon-theatre/>

Opening night is Saturday 9th December and the show runs until 14th January. Tickets are selling quickly so don't leave it too long before you book!

With the start of term soon upon us, we would like to take the opportunity to remind you of upcoming important dates and information for Autumn Term 2017, so please do take the time to read the relevant sections on the next few pages . . .

DIARY DATES

AUTUMN TERM 2017 DATES (12 weeks)

Monday 11th September - Sunday 22nd October

Half term - Monday 23rd October to Saturday 4th November

Sunday 5th November - Saturday 16th December

Autumn term feedback day - Sunday 3rd December - times TBA

Acting class dates - Sunday 17th September, 1st October, 15th October, 12th November, 26th November & 10th December

SPRING TERM 2018 DATES (11 weeks)

Friday 5th January - Saturday 10th February

Half term - Sunday 11th February to Sunday 18th February

Monday 19th February - Thursday 29th March

Examinations dates - Monday 19th March-Sunday 25th March

Acting class dates - TBA

Spring term feedback day - TBC

SUMMER TERM 2018 DATES (12 weeks)

Monday 16th April - Friday 25th May *NOTE - classes ARE taking place on bank holiday Monday 7th May*

Half term - Saturday 26th to Friday 1st June

Saturday 2nd June - Saturday 14th July

Acting class dates - TBA

Summer term feedback day - TBC

SCHOOL UNIFORM SALE - SATURDAY 16TH SEPTEMBER 10.30AM - 1.30PM

The next sale will be on Saturday 16th September 10.30am-1.30pm in the waiting room and we hope many parents / guardians will attend. If you wish to sell items, please refer to the link below, or use the forms available in the waiting room:

<http://southlondondancestudios.co.uk/wp-content/uploads/2014/08/Secondhand-uniform-sale-document-170317.doc.pdf>.

If you have items to sell, please place them in a bag labelled for the school uniform sale (with selling tickets attached if you wish to take some of the profit) in the boys changing room at any time this week when you know the studios are open because classes are on. 100% of the profit from any donated items will be given to Demelza House alternatively you can choose to split the profit 50/50 between yourself and the charity. Please email Ros at sldsuniformsale@yahoo.com if you have any queries.

STARTING THE TERM SMOOTHLY

Before term starts, please take the time to check your invoice(s) for this term which was emailed to you on Saturday 24th June so that you know which day, time and studio your classes are in. This will save you time and stress when you arrive at the studios next week.

Please be aware that there will be a new front door code this term, which is **1917A** (i.e. 100 years ago). We expect the first week of term to be exceptionally busy, therefore please remember this new code and leave plenty of time to arrive as we might not be able to buzz you in. The back door code remains the same as previous.

Please make sure your child has the correct uniform for his / her classes for the start of term (or from the second week of term if you are waiting to attend the school uniform sale), please go to <http://southlondondancestudios.co.uk/general-information/uniform-for-dance-classes/> to see our uniform lists. Please also read below:

LAVENDER LEOTARD - If your daughter is wearing the lavender leotard, make sure the label is on her left when she puts it on (i.e. the front 'scoop' is higher than the back which is the opposite way round to a normal vest). Also, ensure you buy Roch Valley, not Katz.

PANTS - please, no pants underneath pink ballet dresses and any leotard, biketard or catsuit - they look unsightly and spoil the line of the body.

HAIR BUNS FOR ALL GIRLS IN PP1 BALLETT (I) PLUS - all girls attending PP1 ballet (I) plus with hair long enough to tie back will need their hair in a bun. Teachers will do a demonstration for all parents on w/c 2nd October or please refer to the 'how to do your hair in a bun' document which you can get from your child's teacher or the office.

HAIR STYLING FOR ALL GIRLS IN GRADE 2 MODERN PLUS - please ensure long hair is tied back in a style suitable for modern dance so that it doesn't hinder your child's progress in dance. Hairstyle needs to be suitable for turning as well as lying down on the back of the head. A pony tail or classical bun are NOT suitable. French plaits tucked under, a side bun, or 2 small buns on sides of head are all acceptable.

EARRINGS/BODY LOTION - please do not wear any large items of jewellery which can be dangerous, and body or hair oil should not be worn (it makes the floor slippery and dangerous)

GENERAL UNIFORM NOTES

Please do not tap dance in the girls changing room or on the stairs as the noise carries to the flats next door

No vests under pink or lavender uniforms

Do not wear any dance shoes outside

Children should not wear socks and tights at the same time.

NOTES FOR SATURDAY PRE-PRIMARY CHILDREN

For those children in Pre-Primary 1 (Ia or Ib) starting at 11.55am or 12.25pm children should arrive in their leotard, ballet skirt, ballet socks (NO TIGHTS) and ballet shoes carrying their tap shoes, please do make sure everything is named. Your child can bring water if necessary but no cartons or fizzy drinks or snacks.

For those in Pre-Primary 1 (II) set of classes 1.35pm - 3.25pm and the Pre-Primary (III) set of classes 1.25pm - 3.30pm children should start in just their leotard and bare feet carrying a small bag with their ballet skirt, ballet shoes, ballet socks (NO TIGHTS) and tap shoes. Please make sure everything is named. Children can bring a snack (no nuts or anything that could create crumbs) and water but no fizzy drinks or cartons.

HEALTHY EATING WEEK - 25TH - 30TH SEPTEMBER

We are introducing NEW 'Healthy Eating Week' this term. We want to help our students understand which foods are best to support them in their dance classes. As we all know, it is far too easy to pop next door to Sainsbury's or Tesco and pick up a sugary snack to give us energy for the classes that evening, but we also know this isn't the best choice for our bodies or minds - especially for those students who have three plus hours of dancing ahead of them!

We will be talking to the children about sensible choices from the supermarkets and good combinations of foods. All chats will be age appropriate and focused on providing energy for dance without feeling too bloated in the next class! Discussions will NOT include maintaining a healthy weight or weight loss unless introduced by a student. However, if you do not wish your child to be involved in this part of their all-round dance education the please inform us before **Monday 25th September**.

A qualified nutritionist will be coming to talk to all students in the senior body conditioning classes on **Wednesday 27th September**, as well as taking them on a trip to Sainsburys to point out healthy snacks for them to try. Please note; students will be leaving the premises for this!

During the week please keep your eyes "peeled" for exciting "healthy eating week" suggestions, tips and advice - which will be displayed around the building.

On **Saturday 30th September**, we plan to give all children a piece of fruit or vegetable at the end of class, so if your child has any allergies that we do not already know about it please do get in touch with the office.

For any students with a break that takes place in the studio on **Saturday 30th September** we would like them to bring a piece of fruit or some vegetables, which they can then show to the rest of the class. We really would like every student to participate in this exercise, so please do make a note in your diary regarding this.

If you'd like to be involved in any way - the more parents / guardians we have involved, the more we can do for the children - then please contact me / my colleague, katie@southlondondancestudios.co.uk - **we especially need parents to help chop and distribute food on Saturday 30th September**.

AUTUMN TERM FEEDBACK DAY - SUNDAY 3RD DECEMBER (TIMES TBA)

The sheet on which to sign up to see a teacher will be placed on the notice board in the waiting room on **Monday 20th November**.

Please note; parents / guardians who booked a slot and did not attend feedback day last term (Sunday 25th June) and did not contact us to let us know should NOT sign up for this feedback day.

You need to know the name(s) of your child's teacher(s) - if you do not know who your child's teacher is then please ask them / the teaching assistant when you collect your child rather than emailing the office. Please sign under YOUR CHILD'S name (not your name). Slots are limited to ONE slot per child, so you will need to choose which teacher you most wish to see if your child has more than one teacher; this includes telephone bookings for those teachers who are doing feedback via telephone.

SLDS 2017 SHOW PHOTOS

For all parents of children who participated in the show we hope you received the email from the show team regarding show photos, if you would like to buy show photos then please refer to this email as we wouldn't want you to miss out!

SLDS SWEATER ORDER

To start the new academic year, we are now offering a new type of SLDS sweater! We hope your children will appreciate the new fashionable sweaters that come in a choice of TWO colours. We think these will also make an excellent Christmas presents for your child!

If you would like to order a brand spanking new SLDS sweater, then please download the [Sweater Order Form](http://southlondondancestudios.co.uk/wp-content/uploads/2014/08/SLDS-SWEATER-ORDER-FORM-08092017.pdf) from our website using this link <http://southlondondancestudios.co.uk/wp-content/uploads/2014/08/SLDS-SWEATER-ORDER-FORM-08092017.pdf> Please drop completed forms through the office letterbox with payment (exact cash only please as we cannot give change) - please ensure you mark the envelope 'sweater order'. Orders must be placed before Saturday 23rd September. SLDS sweaters may be worn for warm-ups in all classes.

TEACHING STAFF

Please say a huge 'welcome back' to Miss Tracy, who is returning from maternity leave to teach on a Tuesday and Wednesday, I am sure everyone will enjoy having Miss Tracy back on the teaching team. In other good news, Miss Jemima and Miss Carla, who were previously leaving, have now decided to stay on at SLDS. Miss Jemima will continue teaching classes on a Monday and Friday, and Miss Carla will be staying on as our examinations administrator. She will be in the office on a Tuesday and Friday for any examinations queries.

Sadly, Miss Ciera will not be returning this term; we would like to wish her all the best for her new ventures and with her recent status as MRS Ciera! Miss Sammi will be teaching on a Saturday just for a few weeks at the start of term until she moves into her new career outside the dance world. We will all miss her and wish her well with starting her new career.

We also have a few new additions to the SLDS teaching team, so please welcome Miss Georgina and Jack Tarlton. We will also have a new teaching assistant, Miss Georgina. Miss Georgina and Miss Sophie are joining our Saturday team along with Miss Maya, who will be starting her teacher training with us.

Miss Georgina trained in ISTD ballet, tap and modern as well as street, jazz and contemporary dance. As a child, she performed in the local pantomime and successfully danced in competitions all over the country including at the Royal Albert Hall. Following her A-Levels, Georgina travelled the world performing and choreographing for the family resort Club Med. Whilst choreographing abroad, Georgina realised her love for teaching and decided to return home to complete her ISTD teaching qualifications. Georgina has recently qualified as a modern teacher and is continuing her studies in ballet and tap. Georgina has a passion for teaching and wishes to inspire young dancers and performers to follow their dreams.

Jack is joining us on a Sunday to teach the seniors acting class. Jack is an actor, director and teacher. His stage work include *City of Glass* (59 Productions, Lyric Hammersmith and HOME Manchester), *BRENDA* (HighTide and The Yard), *Coram Boy* (National Theatre), *A Doll's House* and *Rats' Tales* (Royal Exchange Theatre), *Beasts and Beauties* (Hampstead Theatre and Bristol Old Vic), *The Merchant of Venice* and *Twelfth Night* (Propeller), *Afore Night Come* (Young Vic), *An Inspector Calls* (Garrick Theatre, West End), *A Month in the Country* and *Troilus and Cressida* (Royal Shakespeare Company). Screen credits include *The Imitation Game*, *Doctor Who* and *The Genius of Mozart*. For Presence Theatre he has directed staged readings of *The Deep*, *Emperor Fukushima*, *Now That's What I Call Music*, *The Frugal Horn* and *The Returnings* and conceived and co-created *The Animal (You)* for *CHORALE - A Sam Shepard Roadshow*. He has taught drama at East 15, Ludwig Maximilian University Munich, Oxford University, The Old Vic and youth theatres across London.

Steffi Noll, will be joining us an additional pianist and will be gradually integrating into some of our ballet classes this term.

Finally, you might notice some changes to the Monday teaching staff as Miss Avalon is going to the USA for a year to join Tapestry Dance Company under direction of Acia Gray, in Austin Texas, to develop as a dancer and Artistic Director. Tapestry is North America's only full time and paid tap dance company and each season, they accept just three ladies and three men from all over the world. We are so pleased that Miss Avalon has this opportunity to train with the best in her field and wish her a wonderful year. We look forward to having her back in summer 2018.

In Avalon's absence, her cover teachers will be Lexi Bradburn and Helen Duffy, both of whom are part of Avalon's tap company Old Kent Road. Lexi studied a Performing Arts degree at London Metropolitan University and later, physical theatre, mime and clown through Lecoq pedagogy at LISPA. She tapped for the London 2012 Opening Ceremony and alongside artists Jason Samuels-Smith and Dormesha Sumbry-Edwards for Turned On Tap at the QEH. Lexi teaches adult tap classes in London and in Oxford through 'Sole Rebel Tap'. She also teaches independent tap classes and provides workshops for companies including An American In Paris and Oxford Lindy Hoppers'. Lexi is Company Manager and Rehearsal Director for 'Old Kent Road', she is also Co-Director for Liverpool-based tap-theatre company 'Sole Rebel Tap'. Helen graduated from Bird from Bird College in 2014 and completed a professional semester at Broadway Dance Center in New York as well as performing, her choreography was selected for the Professional Showcase at the Alvin Ailey Theatre. Currently, Helen teaches across the UK and performs with Avalon's company, as well as Sole Rebel Tap. Helen soon heads off to Germany to create and perform alongside tap dancer Sebastian Weber.

REMINDERS FOR WHEN YOU ARE AT THE STUDIOS

ENTERING AND EXITING THE BUILDING

In the interests of security it is of the utmost importance that parents and students are vigilant when it comes to who is following them into the SLDS premises. Please *DO NOT* let anyone come in who does not have a child participating in dance classes and if you see anyone in the building who is acting suspiciously to let a teacher or the office staff know immediately.

When you leave the building, please remember that you must exit through the back door of the studios onto Milkwood Road.

Exiting out of the front door creates congestion and can be dangerous for young children who are going in and out of classes in studio 1. The only situation that we will allow students to exit out of the front door is late in the evening when it is dark and students leave the premises by themselves and in the interests of personal safety, they feel exiting through the front is preferable.

ROAD SAFETY

We can't stress enough how important it is that you / your child safely cross the busy roads outside the studios, and that ALL adults set a good example for children. Therefore, please always use the crossings on both Herne Hill and Milkwood Road.

NO NUTS PLEASE

We have a number of students who have SEVERE nut allergies so make sure you/your child does not bring any nuts / nut products into the building.

CHANGING YOUR CHILD

Please don't change your child or stop to put on their shoes anywhere other than the designated changing rooms - EVEN IF YOU ARE LATE. It is extremely dangerous for your own child and others. This includes the downstairs disabled toilet as teachers constantly need access to the props and boiler cupboard for heating control which is inside. On a Saturday, if you bring your child already in his / her dance uniform then it is acceptable to remove coat & outdoor shoes and slip ballet shoes on when they are lining up for their class as long as they stay close to the corridor walls so that they are safe from people passing by. This may save the need for some parents and children to use the changing room upstairs and thus ease people flow around the building.

BUGGIES / SCOOTERS ETC

Please leave buggies and scooters at the side of the studios where the buggy / bike hoops are located (bring your own lock if necessary) as it's really dangerous to carry them with you, or leave them unattended around the building.

PUNCTUALITY

It is important your child arrives on time and in the correct uniform for their dance class in order to avoid causing disruption to the running of the class. Children arriving late affects not only the level of focus for the child, but also for the rest of the group, so please do adhere to our 'lateness policy' below:

- If your child is in Melody Movement, Nursery 1 dance, Nursery 2 dance, Preparatory dance and tap, Pre-Primary 1 ballet, Pre-Primary tap, Primary modern (non-examination class) or Junior 'Funky Moves' **they will not be allowed into the class if they are more than 10 minutes late.**
- If your child is in Pre-Primary 2 ballet, Primary modern (examination class), Primary tap, Level 1 commercial/street, Boys Street (I), Primary National and grades above or Gymnastics skills classes and you are late, please knock the door and wait for an answer. The teacher will decide whether they can participate or watch the class; the teacher's decision will depend on
 - How late the child is
 - How often the child has been late before
 - The stage of the class and exercises planned for the remainder of the lesson**The teacher's decision should be respected for the child's safety and in consideration of the other class members (each case will be considered on an individual basis).**

NOTE - if your child is late and is preparing for an examination, show or presentation in their class, the teacher will allow them to join in whatever the stage of the class as long as they are able to properly warm themselves up in preparation to dance.

COMMUNAL AREAS

Please continue to help us by keeping the communal areas clean and tidy. If you see rubbish left on the floor, then please kindly put it in the bin; this is for health and safety reasons as well as to keep a pleasant environment for everyone. Please remind your children of the same and also to wash up and put away any crockery / cutlery they may use

ACTING CLASSES

We still have a few spaces left in our acting classes as we have now split the classes into three levels:

Sunday 3.30-4.30pm Acting (I) for children from 4-6years

Sunday 4.30-5.45pm Acting (II) for children aged 7-9 years

Sunday 5.45-7.15pm Acting (III) for children aged 10 plus

Class dates for this term are:

Sunday 17th September, 1st October, 15th October, 12th November, 26th November & 10th December

The fortnightly acting classes at South London Dance Studios focus on the requirements for children wanting to audition for and work in TV, film and theatre. Key skills are taught in a fun and confidence building environment including: listening and reacting to others (the main skill in acting!), improvisation, becoming a character, text work (monologues, duologues and group pieces), voice production and accent training.

Additionally, we will be putting on a public performance next summer term. To be able to participate in this performance, children would need to attend weekly acting classes on a Sunday for the duration of summer term 2018 AND have attended at least one term of acting classes at SLDS prior to this. We will be announcing more information about this in the next few weeks.

Children who attend our acting classes can sometimes be invited by the Principal to audition for West End shows as well as for representation by one of the top London children's performing arts agencies. As most auditions require acting skills, we only

consider putting forward to audition our students who attend our fortnightly acting classes. Children who are accepted into the agency will have the opportunity to audition for professional acting (including theatre, TV and film), singing, dancing and musical theatre work (including West End work). So, if your child is keen to be considered for the agency audition, he / she will need to be a part of our acting classes.

The cost for the 6 acting classes this term will be:

Acting (I) for children from 4-6 years: £56.00

Acting (II) for children aged 7-9 years: £70.00

Acting (III) for children aged 10 plus: £84.00

GYMNASTICS CLASSES

We are pleased to let you know that there will be a few spaces in our **Friday 6.45-7.45pm** Gym skills (I) class from September. This class is for children aged 6 up to and including those in Grade 2 ballet. The classes aim to develop flexibility and strength and master gymnastic skills which can be used in dance routines. If you'd like further information please contact my colleague, katie@southlondondancestudios.co.uk.

ABSENCES AND KEEPING IN TOUCH

If you/your child is NOT preparing from an examination or show, we do not need to be informed if only one or two lessons will be missed. However, please notify the office if you/your child will miss three or more lessons in succession.

Please ensure that you call or e-mail the office, or post a note through the office letterbox if you change address, telephone number or e-mail address. Also, if during term time you will not be checking your e-mail account for a period of two weeks or more, please let us know as then we can post to you hard copies of any relevant information.

ADULT STUDENTS CHRISTMAS GET TOGETHER - Sunday 10th December from 5pm

We would like to invite all of our adult students to the adult Christmas get together on **Sunday 10th December from 5pm at the studios**. Partners / family / friends are all welcome too. Each class will perform a short something they have learnt during the term - nothing difficult! There will then be a party afterwards in the studios (please feel free to bring some nibbles / drinks with you - alcohol included!) This is purely for fun and we want you to enjoy yourself, so please don't feel nervous or any pressure to participate (I think the teachers also enjoy putting something together and seeing their students perform!) This is also a good opportunity to see what happens in the other adult dance classes, to meet our other adult students

FINALLY . . .

Just to remind you that although we have recently changed our school name to 'school' rather than 'studios' to reflect our new Community Interest Company status, everything (aside from our banking details) will remain the same. Please don't hesitate to contact me if you have any queries. All at SLDS wish you a smooth and enjoyable start to the term.

Best Wishes,

Katie Smith
Upper School Administrator

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