



**SOUTH  
LONDON  
DANCE  
SCHOOL**

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## Upper School Newsletter - 6<sup>th</sup> January 2020

Dear Parent or Guardian,

I hope you had an enjoyable and relaxing festive break and I would like to wish you a very Happy New Year! Our adult students had a fantastic get together before Christmas with each group performing a dance for a huge audience and then socialising with lots of food and drink! You can find photos from the Christmas party on our social media - Instagram @south\_london\_dance\_school and Facebook [www.facebook.com/southlondondanceschool](http://www.facebook.com/southlondondanceschool)

We also have some wonderful news that Olivia Nollet (Grade 5 ballet) has successfully auditioned for the London Children's Ballet's production of 'Anne of Green Gables' which will be on at The Peacock Theatre 18<sup>th</sup> - 21<sup>st</sup> June. Well done Olivia!

With term starting today, Monday (6<sup>th</sup> January), we would like to take the opportunity to remind you of upcoming important dates and information for spring term 2020, so please do take the time to read the relevant sections on the next few pages. . .

### Starting the term smoothly and reminders for when at the studios

Before term starts, please take the time to check your invoice which was emailed to you on **Wednesday 20<sup>th</sup> November** from [upperschool@southlondondanceschool.co.uk](mailto:upperschool@southlondondanceschool.co.uk) so that you know which day, time and studio your classes are in. The timetable has stayed the same as autumn term so there should not be any change from last term. (Please do not email this address for general communication as this is specially for the invoices to be sent from. Instead, please use [sldsupperschool@gmail.com](mailto:sldsupperschool@gmail.com)).

In the interests of security it is of the upmost 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, 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 where we will allow students to exit out of the front door is if they must leave the premises by themselves, late in the evening when it is dark, and in the interests of personal safety, they feel exiting through the front is preferable.

Some polite reminders for when you are at the studios . . .

**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.

**BUGGIES / SCOOTERS ETC** - please leave buggies and scooters outside the studio building just beyond our back door where the buggy / bike hoops are located (bring your own lock if necessary), as it's really dangerous to carry them with you, or to leave them unattended around the building.

**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

**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 the flow of people around the building.

## Teaching & Administration Staff

We are very happy to welcome Katarina Hill to the administration team; she will be working alongside Verena looking after the lower school and adult school.

Katarina has recently finished her MA in Dance, Politics & Sociology at Roehampton University, and before this she graduated from Canterbury Christ Church University with a BA in Dance and International Relations.

Katarina is very excited to be joining South London Dance School as an administrator. She has previously worked on projects such as the Tate Exchange and as a dance teaching assistant at Hips Dance studios in Denmark. Katarina grew up in Denmark and moved to the UK when she was 19 and has a background in dance starting at the age of 7. She has trained in various dance styles, however throughout her university education she has been more focused on the administrative side of the arts.

We are very happy to announce that Miss Tilly will be joining our Saturday teaching team, taking over Miss Natasha's classes as she had to leave unexpectedly.

## Uniform & grooming

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 about uniform and hair:

**NAMING ITEMS** - Please ensure all shoes and items of uniform are named, especially if your child will change them in the class.

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

### GENERAL UNIFORM NOTES

- Please do not wear any dance shoes outside

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

**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)

**HAIR BUNS FOR ALL GIRLS IN PRE-PRIMARY BALLET (I) PLUS** - all girls attending PP ballet (I) plus with hair long enough to tie back will need their hair in a bun. Having a neat bun for their classes stops hair styles from falling out and from having wispy ends hanging in front of faces which can be distracting to the dancer. If you are still struggling with how to do a correct bun there are instructional posters in the waiting room and girls changing room, also teachers and teaching assistants can help you.

**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.

### **ACTING CLASSES**

Please wear:

- Leggings / stretchy trousers
- Top you can move in
- SLDS sweater
- Trainers (and bring National shoes if you have any)
- and please have long hair tied back off face.

### **GRADE 2 PLUS MODERN NEW FOOTWEAR OPTION**

Previously we invited children in Grade 3 modern and above to wear 'foot thongs' in lesson to help those struggling with sliding / turning movements due to having sticky feet. We have found the foot thongs very beneficial to the majority of students and would now like to offer this option to grade 2 modern also. If your child suffers from 'sticky feet' please do consider purchasing some 'foot things' as they are likely to assist their dancing in class. The style of foot thong we recommend is by Bloch foot thong 3 (code: S0675):

<http://uk.blochworld.com/product/S0675L>

or

[http://www.movedancewear.com/dance\\_shoes\\_contemporary\\_shoes-](http://www.movedancewear.com/dance_shoes_contemporary_shoes-)

[bloch\\_foot\\_thong\\_3/2043/?sku=BL%20S0675LBSEM&gclid=Cj0KCQiA4bzSBRDOARIsAHJ1UO6j32mLxY-I\\_LH3FGEknacvWDsFOYetdKr09mNZ3oQ6dzYgMYgsIKUaAuu2EALw\\_wcB](http://www.movedancewear.com/dance_shoes_contemporary_shoes-bloch_foot_thong_3/2043/?sku=BL%20S0675LBSEM&gclid=Cj0KCQiA4bzSBRDOARIsAHJ1UO6j32mLxY-I_LH3FGEknacvWDsFOYetdKr09mNZ3oQ6dzYgMYgsIKUaAuu2EALw_wcB)

## **Second hand uniform sale - Saturday 11<sup>th</sup> January 9.00am-1.00pm**

The next sale will be on **Saturday 11<sup>th</sup> January 9.00am-1.00pm** 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:

<https://southlondondancestudios.co.uk/wp-content/uploads/2020/01/SLDS-SECOND-HAND-UNIFORM-SALE-Show-costumes.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, which are on the notice board in the waiting room) in the boys changing room at any time this week when you know the studios are open because classes are on. This year we have decided to put 100% of the profit from any donated items towards costumes for the show in July. Alternatively, you can choose to split the profit 50/50 between yourself and the costume fund. Please email Ros at [sldsuniformsale@yahoo.com](mailto:sldsuniformsale@yahoo.com) if you have any queries.

## Invitation to watch classes next term

The teachers very much look forward to seeing all the parents / guardians of children in all upper school classes ie. Pre-Primary ballet (II), Pre-Primary tap (III) & Primary modern (III) (light blue, magenta and red sets) levels and above when they are invited to watch classes from **Monday 3<sup>rd</sup> - Saturday 8<sup>th</sup> February**. We hope many parents / guardians can attend in order to see the progress their child has made over the past few terms.

Regarding watching classes, please note:

- We invite parents / guardians to view their child's class(es) once a year so that they can see how their child is progressing.
- Please bear in mind that the open classes are not performances; we invite you to watch a normal class to observe development and progress.
- Parents, guardians, grandparents, siblings, friends & nanny's etc are welcome to attend but please be mindful that the children need some space in which to dance!
- Please consider that some children in the class may be shy or nervous of dancing in front of an audience.
- Due to above two points please try to bring a maximum of 3-4 audience members per child to watch.
- **No children under the age of 4 will be allowed into the studio to watch and no exceptions will be made to this policy which is in the best interests of the children in the classes. This includes tiny babies as it cannot be guaranteed that they will stay asleep for the duration of the class!**
- **Please only bring other children with you to watch the class if they are capable of sitting still for the duration, without an electronic game, book, food etc, i.e. they would have to actually watch the class without distracting the children dancing!**
- You will be permitted to film the class and show it to siblings, friends and other family members who are not able / eligible to attend. Photographs may also be taken.

Unfortunately, if you are not able to watch during the dates offered, we are unable to offer an alternative date. We realise this might be disappointing for some parents / guardians but it is necessary for us to restrict viewings to one week each academic year.

## Spring term feedback days

Please see below your next opportunity to receive feedback from your child's teacher during the spring term:

### Friday 27<sup>th</sup> March

Miss Tilly - Friday 27<sup>th</sup> March - 5.00-6.00pm

### Sunday 29<sup>th</sup> March

Miss Emma - 3.00-4.30 (if you wish to meet Miss Emma as Acting Principal but she does not teach your child then please email me, at least 3 days before this date so that I can let her know the nature of your enquiry)

Miss Jenny - 11.00-12.30pm

Miss Marina - 11.30-12.30pm

Miss Ellie - 12.00-2.00pm

Miss Grace - 1.00-2.00pm

Miss Michelle - 11.00-12.00pm

Miss Lucy - 10.00-11.30am

Miss Helen - 10.00-11.00am

### Monday 30<sup>th</sup> March

Miss Ciera - Monday 30<sup>th</sup> March 6.30-7.30pm

Mr. Tony - Monday 30<sup>th</sup> March - 5.30-6.30pm

The sheet to sign up to see your child's teacher will be put on the notice board in the waiting room on **Friday 13<sup>th</sup> March**. When you come to sign up for feedback day there will be a list of all classes including lower school teachers names on the notice board in the waiting room.

## Class availability for this term

### ADULT CLASSES

We are looking forward to welcoming 30 new adult students this term, which is very exciting! However, if you hurry then we do still have a few spaces left in the following adult tap classes:

**Adult Tap (I) - Thursday 8.45-9.45pm** - if you've done a very little bit of basic tap before

**Adult Tap (III) - Thursday 9.00-10.00pm** - if you have a number of years of tap dance experience

Please contact our adult students' Administrator, Verena, [sldsadultclasses@gmail.com](mailto:sldsadultclasses@gmail.com), if you would like to enrol in any of these classes.

### ACTING CLASSES

We have a few spaces left in our Sunday acting class next term:

**4:30 - 5:30pm - Acting (I) for children from 4-7 years** (£50.00 for the 5 remaining lessons next term)

**5.30-6.45pm - Acting (II) for children aged 8-10 years** (62.00 for the 5 remaining lessons this term)

**6.45-8.15pm - Acting (III) for children 11years plus** (£73 for the 5 remaining lessons this term)

Class dates for this term are:

**Acting (I) class - dates - 12<sup>th</sup> & 19<sup>th</sup> Jan, 23<sup>rd</sup> Feb and 22<sup>nd</sup> & 29<sup>th</sup> March**

**Acting (II) and Acting (III) class - dates - 12<sup>th</sup> & 19<sup>th</sup> Jan and 8<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> March**

**Acting (I)** taught by Lorraine Spenceley who has many years teaching and directing experience. In this class 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, voice techniques and short dialogue work. Children in this class embark on adventures to faraway lands with the teacher which encourages them to be creative and use their imagination. This class also helps to develop student's social interactions and emotional skills in a fun and explorative way.

**Acting (II) and (III)** are taught by Lewis Hart who is currently working in the profession as well as teaching. These classes 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.

Children who attend any of 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.

Please contact me if you would like to enrol your child for this term.

### GYMNASTICS CLASSES

There are still a few spaces available in our **Friday Gym skills (I) class 4.15-5.00pm**, which is open to children from 6 years old.

This class aims to develop flexibility, strength and master gymnastic / acrobatic skills which can be used in dance routines. Please contact me at [sldsupperschool@gmail.com](mailto:sldsupperschool@gmail.com) if you would like further information.

# Student Behaviour

Please stress the importance to your child of respecting the dance studio premises and other people's property. Students are expected to help to keep the waiting area and changing room tidy, including washing up anything they use in the kitchen. We rely on the older students to set an example to the younger students with regards to behaviour which at all times must be exemplary. Bullying, graffiti, theft, damage to SLDS property and any other anti-social behaviour including bad language will not be tolerated.

## Reminder to students who have more than one lesson in one evening

Can I take this opportunity to remind you that we have had instances in the past where a child has attended one of their classes of their evening schedule and then gone home without telling a teacher. Consequently, the teacher of their next class (and their peers) have been concerned for their welfare and safety, not knowing why they attended only one class, then 'disappeared'. So that this situation doesn't happen in future, could we request that you notify us by email with at least one day's notice when you know your son / daughter will need to leave the studios without completing their full evening's schedule of classes

## Injuries

Following an injury, we will do our best to communicate with you regarding the safest return to dance class for your child. Please make sure you keep us updated with any medical / physiotherapist appointments so that we can update the teachers. **However, it is the full responsibility of the child's parent / guardian to decide when their child is ready to return to dance classes and only when they are fully fit to dance should this happen.** If a child is only fit to attend some lower impact sections of the class and therefore must refrain from some exercises, then this must be communicated to us by email not less than 3 days before the class. Following their return to classes, your child will be responsible for opting out of exercises they are not fit to do and it will not be the teachers responsibility to guide them. Therefore, if you do not think your child is able to manage their rehabilitation in this way then you or another responsible adult may sit in on their lessons to aid their rehabilitation until they are fully fit to dance in all of the lesson. Also, whilst injured your child should attend and watch all of their classes to limit the amount they will fall behind.

## Absences, Punctuality and Keeping in touch

### ABSENCES

If you/your child is NOT preparing for 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.

If your child IS preparing for an examination this term then please refer to the 'Examination Information for Parents / Guardian's document', which was sent by Ciera on 22<sup>nd</sup> November, for what to do in case of absence.

### 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 ballet (I), Pre-Primary tap, Primary modern (non-examination class) **they will not be allowed into the class if they are more than 10 minutes late.**

- If your child is in Primary 1 ballet (II) 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.***

## **KEEPING IN TOUCH**

Please ensure that you e-mail me 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, then please let me know.

Everyone at SLDS wishes you a smooth and enjoyable start to the term.

Best wishes

Helen Cheesman

Upper School Administrators - South London Dance School

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