



## Upper School Newsletter - 23<sup>rd</sup> September 2024

Dear Parent or Carer,

I hope the autumn term has started well for you and your family. We have certainly hit the ground running with your children already making good progress in their classes. Thank you for your support in ensuring your child has been organised for their classes. Also, I would like to take this opportunity to say a very warm welcome to the 115 new students who have already joined us this term.

### **Ballet bun demonstrations - THIS WEEK**

This week, for the first 10 minutes of Pre-Primary to Grade 1 ballet classes, the teachers will be providing demonstrations of how to do a classical ballet bun for parents / carers, as per the schedule below. Please do your best to stay for your child's session below, so that you can learn / refresh how to do a bun in your child's hair.

#### **Monday 23rd September**

4:30pm Grade 1 Ballet STUDIO 1

#### **Wednesday 25th September**

4.15pm Primary Ballet (I) STUDIO 1

5.00pm Pre-Primary Ballet (II) STUDIO 1

#### **Friday 27th September**

4.15pm Primary National STUDIO 2

6.15pm Grade 1 Ballet STUDIO 2

#### **Saturday 28th September**

11.30am Primary Modern (III) GREY set STUDIO 1

1:20pm Pre-Primary Tap (III) GREEN set STUDIO 2

2.05pm Primary Ballet (I) TURQUOISE set STUDIO 3

3.15pm Grade 1 Modern (II) STUDIO 1

4.00pm Grade 1 Tap - STUDIO 2

A top tip is to make sure you have pins, rather than grips (Kirby's) for the bun as well as a hair net, not bun net. You can also refer to these videos:

<https://www.youtube.com/watch?v=zUC3WzQrT6s>

<https://www.youtube.com/watch?v=k54ROkYfykM&t=204s>

Boys who have hair that falls over their eyes are also required to have it tied back - a pony tail is suitable in most cases and the below hairband may also be helpful:

<https://amzn.eu/d/e9EUeTr>

## **Examinations - March 2025**

The teachers are currently making decisions about readiness for our 2025 ISTD examinations session and these decisions will be finalised before October half term. If your child is selected to take an examination then you will be contacted by our Examinations Administrator, Ciera, before or during the first week of the half term break. Please save Ciera's email address in your contacts - [sldsexaminations@gmail.com](mailto:sldsexaminations@gmail.com).

**If you are interested in your child taking their examination(s), then it is vital that their attendance is good and absences are kept to an absolute minimum.** If they are absent then they will miss learning exercises and receiving feedback which is likely to impact their progress and readiness for the examination. Please refer to below section '**Absences & Punctuality**' for more information.

Also, in most examination level classes, students are now being given homework to practice before their next lesson, so please do your best to support with this at home. The theme for this term is motivation for independent practice both in the dance lesson and at home, so we hope your child will be motivated to practice outside of their classes.

If your child feels they need additional support with their examination work, or they have missed more than one lesson this half of the term, then we might be able to offer one to one support lessons over the half term break. Please contact Natasha for more information about private lessons.

If your child is selected to take a ballet or modern examination, then we also recommend that your child attends the half term body conditioning lessons (**see below**) to maintain strength and fitness over the two-week break.

## **Half term Body Conditioning classes - Tuesday 22<sup>nd</sup> & 29<sup>th</sup> October:**

5.00-6.15pm - Grade 1 to 3 modern / Primary to Grade 2 ballet

6.30-8.00pm - Grade 4 plus modern / Grade 3 plus ballet

After a thorough warm up, children will work to improve their flexibility, strength and power through fun and challenging exercises, then we will develop dance technique through choreographic sequences.

Each class is £18. Reply to this email to book a place for your child.

## Week commencing Monday 4<sup>th</sup> November - Healthy Eating week

Last year, we focused on what makes a balanced diet and so this year, we will be teaching the children about suitable food choices to give them energy for dancing. All chats will be age appropriate and 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 the half term break**. For any students with a supervised break which takes place in the studio on **Saturday 9<sup>th</sup> November**, we would like them to bring with them a healthy snack which they can show to the rest of their group.

## Summer show - June 2025

Our summer show is confirmed for **Sunday 29<sup>th</sup> June 2025** at Catford Broadway Theatre. This will be a full-scale show and all Upper School children will be invited to perform. A show information letter will be sent to you ahead of the October half term break, in the meantime, please save the following dates:

**Sunday 8<sup>th</sup> June, Sunday 15<sup>th</sup> June** (note - this is Father's Day), **Sunday 22<sup>nd</sup> June** and **Saturday 28<sup>th</sup> June** at the theatre.

## School Sweater - order deadline is THIS FRIDAY

If you wish to order a sweater, please use the link below and place your order by **Friday 27<sup>th</sup> September**.

<https://southlondondancestudios.co.uk/wp-content/uploads/2023/08/SLDS-SWEATER-ORDER-FORM-09082023.pdf>

Sweaters may be worn for the warm up in class, also all students who perform in Act II of our summer show (modern, tap, contemporary, commercial/street and musical theatre numbers) will need a sweater for the finale. There will be another opportunity to purchase before the show, but getting one now is a good idea for the winter, also could be a Christmas present!

## Uniform Reminders

- **Commercial / street and Musical Theatre classes** - students must wear CLEAN indoor only trainers or pumps
- **Power & Skills classes** - students must wear So Danca canvas split-sole jazz shoe in nude, with the option to dye to skin tone (worn without socks).
- **Primary (III) & Grade 1 modern classes** - children need to wear convertible ballet tights or socks for ballet / tap as they need to have bare feet for modern.

- **Grade 1 ballet plus** - girls must have thick matte ballet shoe ribbons sewn onto on their ballet shoes. So far, teachers have been helping students tie their ballet shoe ribbons, however, going forwards, children will be expected to be able to tie their own ribbons, so please practice this at home - this link might be helpful: <https://youtu.be/hzd47K6V4ho>  
You only need to watch the first version on here (i.e. wrapping the inside ribbon first).
- **Grade 1 ballet** - girls need lavender belts that have been adjusted to fit their waist tightly.
- **Pre-Primary & Primary ballet** - lavender ballet skirts need two tucks sewn into the waistband to ensure it fits tightly on the waist, not hips - instructions on how to do this are here: <https://drive.google.com/drive/u/4/folders/18dyWg749hrdz8qUxXR13NKz05aoOqpJ4>

## Absences and punctuality

If your child is being considered for an examination in March 2025, then please ensure their attendance is good going forwards as otherwise their readiness for the examination could be impacted. Please contact [sldsexaminations@gmail.com](mailto:sldsexaminations@gmail.com) if you know your child is going to have to miss an examination lesson. If your child is injured, or not well enough to dance but well enough to sit and watch, then please bring them to their classes so that they do not get behind their group.

If your child attends a class which runs on both weekdays and Saturday's and has to miss a class for any reason, then contact [sldsexaminations@gmail.com](mailto:sldsexaminations@gmail.com) as soon as you can because it may be possible to make arrangements for your child to attend a catch-up lesson of the content that they will / have missed.

If your Upper School child is late, then they should knock the studio door to speak to their teacher as they will usually be allowed to come in to watch or participate (depending on arrival time and stage of the lesson). It is vital that students who are working towards an examination in March 2025, attend their class whatever time they arrive at the studios, so that they can watch and take notes if they are not able to dance.

Thank you for your cooperation.

## Not attending all lessons in the session

If your child has to leave the studios before the end of their session, or arrives late and so misses their first lesson, then please remind them to find the teacher whose lesson they have missed / will not see to explain the situation. This

is so that their teacher is not concerned for their well-being when other children tell them that they have seen your child in another lesson, also of course showing courtesy and consideration towards their dance teacher.

## **Sunday Musical Theatre classes**

We still have a few spaces available in our Sunday afternoon Musical Theatre classes this term.

The remaining 7 class dates this term - **Sunday 29<sup>th</sup> September, 13<sup>th</sup> October, 10<sup>th</sup> November, 17<sup>th</sup> November, 24<sup>th</sup> November, 1<sup>st</sup> December and 8<sup>th</sup> December**

If you are considering your child starting this genre this year, then now is the best time to start to learn key skills (as explained below), as from January, students will be expected to use these skills in the show rehearsals in the classes:

- **Singing & Acting** - developing confidence to sing with projection and clarity and act the words with sincerity
- **Movement & Acting** - developing accuracy with movements that reflect the words and meaning of the song

The groups and the musical theatre numbers that they are working on this term are as follows:

### **3.30-4.30pm - Musical Theatre (I) (for children in Years 1-3)**

Part of Your World (from The Little Mermaid)

Hard Knock Life (from Annie)

### **4.30-6pm - Musical Theatre (II) (for children in Years 4-6)**

Not While I'm Around (from Sweeney Todd)

One Brick at a Time (from Barnum)

### **6-7.30pm - Musical Theatre (III) (for children in Year 7 plus)**

Born to Lead (from Operation Mincemeat)

Razzle Dazzle (from Chicago)

**Get in touch with Natasha now if you'd like to watch / join from this this Sunday.**

## **Security**

**Please bear in mind that some children are in the building without an adult and therefore, please ensure you shut the back door behind you.** Thank you for your cooperation.

To stay up to date with events happening at our school, follow us on social media:

**Facebook - @southlondondanceschool**

**Instagram - @south\_london\_dance\_school**

Best wishes,

Miss Zoe

Principal

South London Dance School