



Upper School Newsletter - 3rd January 2026

Dear Parent or Carer,

I hope you've had an enjoyable Christmas and New Year break and have been able to spend time with family and friends. It was great to see some of our Upper School students working hard over the Christmas break, practicing at the studios and attending the body conditioning sessions yesterday.

Spring term classes start this Monday (5th January) and the teachers and I very much look forward to seeing the children and hearing about their Christmas break. It's going to be another busy term with the opportunity for you to watch your child's classes in February and hundreds of ISTD examinations taking place at the end of the term. **Don't forget that if your child is preparing for an examination, they must attend all of their classes starting from Monday onwards** - absences are only permitted in the case of emergency or illness - please contact Ciera - sldsexaminations@gmail.com

Our spring and summer 2026 term dates can be found here:

<https://southlondondancestudios.co.uk/general-information/term-dates/>

You may already have heard that Natasha has been back in the office helping with Upper School administration because Hannah was unexpectedly not able to continue in the role. I hope to be able to introduce the new Upper School administrator in the next couple of weeks but in the meantime, I am sure you will join me in thanking Natasha for her support during this transitional period.

Reminders for when your child is at the studios

Thank you for your cooperation with reminding your child about below before the start of term . . .

- **Please remind yourself and your child if needed, of our front door code** - as the office staff are not always available to answer the front door intercom. **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.
- **Use of phones in the changing rooms** - in the interests of child protection, please ask your children to refrain from taking photographs and filming in the changing rooms. Also, if you wish to use a device charger whilst at the studios, for H&S reasons it must be a genuine make e.g. Apple.

- **Healthy snacks** - please encourage your child to continue to be mindful of the snacks they choose as it can have a significant impact upon their performance in the dance studio.
- Please ensure your child is aware that food may NOT be consumed in the changing rooms, so they may only eat in the waiting room. **Children under the age of 12 should not use the microwave.**
- Please remind your child that **food may only be consumed in the waiting room and must comply with our food allergens policy:**
<https://southlondondancestudios.co.uk/wp-content/uploads/2025/08/South-London-Dance-School-Food-Allergens-policy-24082025.pdf>
- If your child comes to the studios by themselves, please remind them *to wait outside the correct studio (as stated on your invoice) AT LEAST a few minutes before their lesson time*, and they should use this time to start their warm up in the corridor. Please remind your child that they must have their hair in the correct style, be wearing correct uniform, have their dance shoes done up and not be wearing any jewellery.
- Please also ensure your child has with them all of the items they need for their class and any other classes which they have back-to-back, since they will not be allowed to go upstairs between consecutive lessons. Students should also continue to bring all valuables with them into the dance studio with them and a bottle of water if needed. **Please ensure you name all uniform items and shoes, especially shoes and any uniform items which are removed in class.**

Injuries, allergies, illnesses, other medical conditions & SEND

- In order to ensure the safety of our students, it is of the utmost importance that parents / carers inform us of any allergies or illnesses their child may have, so that we have this on record in case of any medical emergency.
- If your child suffers from any medical condition or has been / is in the process of being assessed for SEND and you have not already informed us, then please contact me **by 9am on Monday 5th January** so this can be noted on your child's record and so that our teachers can provide the best possible support for your child.
- If your child carries with them an epi-pen, or any other medication which we might need to administer, then please contact me **by 9am on Monday**. Likewise, if your child no longer needs their medication, then please let us know immediately.
- If your child has suffered an injury over the Christmas break, or has a pre-existing injury about which we may / may not be already aware, then we **MUST** be notified **by 9am on Monday** so that teachers can be informed and a decision about participation in classes can be reached. Returning to dance training following an injury usually necessitates specialist intervention so please make sure you keep us updated with any medical / physiotherapist appointments so that we can update the teachers. **Please note that it is the full responsibility of the child's parent / carer to decide when their child is ready to return to dance classes and only when they are fully fit to dance following sustaining an injury.** Whilst injured your child should attend and watch all of their classes to limit the amount they will fall behind their group.

Reminder about contagious skin conditions

Please consider the welfare of other children in our school community and teachers if your child has any contagious issue with their skin, including verrucae and warts. **Any contagious skin condition must be covered up with suitable plasters / foot covering and/or tights / leggings.**

For foot conditions, if your child is required to dance barefoot for their dance classes, then we suggest they wear contemporary socks as a covering until the issue is resolved:

<https://uk.blochworld.com/products/blochsox-dance-socks-black-knit>

Please take seriously the responsibility to take all possible steps to mitigate risk of others catching it.

Keeping warm before dance classes this winter

Unfortunately, due to delay in getting the correct colour, we do not expect to receive the **branded zip-tops** that you have ordered until at least the beginning of February. We are very sorry for this delay but it's important to get the correct shade from the very first batch. As soon as the tops arrive, we will give out to children in their classes. In the meantime, Upper School students can wear a crossover cardigan to match their leotard or a sports sweater / zip-top. However, please no hoodies or school jumpers. Thank you.

As mentioned in my December newsletter, **ballet shoe booties** are perfect for keeping ballet shoes / feet clean and warm before class. The corridor gets really cold in the winter and it's really important to try to keep feet warm and supple before entering the dance class. Warming up in these booties is a good idea for everyone.

You can order from **Duo Dance**:

https://duodance.co.uk/?s=booties&post_type=product

Your order of our June 2025 show DVD / USB

If you ordered a copy of the show film and you have not yet collected it, then please pop up to the office next week.

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.

Consent to leave the dance lesson without an adult collecting

If your child is in School Year 5 or above and / or Grade 1 ballet / Grade 2 modern plus and you feel they are mature enough for you to give consent for them to leave the dance studio unaccompanied then please reply to this email **before 9am this Monday**. Any forms received after this deadline will not be activated until the start of the summer term (after Easter).

The theme for this term

Our theme for this term is **'Musicality'**. Over the course of this term, the teachers will be encouraging the students to think about reflecting the music in the movement, sometimes involving a deeper emotional connection as well as a development of performance skills.

Your New Year's Resolution for YOURSELF?

We have spaces in our adult beginners tap and modern / jazz classes on a **Tuesday and Thursday evening**, so if your new year's resolution is to get fitter or learn a new skill, then contact Meliz at sldsadultclasses@gmail.com for more information.

New class starting on Thursday 4.00-4.45pm - Junior Funky Moves

Please spread the word that this new class is starting next week. It's for boys and girls in Reception to Year 2 and we are particularly keen to get more boys interested in dance.

The children will learn street dancing moves in a creative and fun story-telling context. The fee for the 11-week term will be £104.00.

Musical Theatre classes - commencing Sunday 11th January

Miss Candice has some really great numbers planned for this term, so if your child is considering joining our Musical Theatre classes, then contact Natasha asap. Lessons will take place on the following Sundays:

1. **Sunday 11th January**
2. **Sunday 18th January**
3. **Sunday 25th January**
4. **Sunday 1st February**
5. **Sunday 8th February**

6. Sunday 1st March
7. Sunday 8th March
8. Sunday 15th March
9. Sunday 22nd March

Due to examination practices also taking place on a Sunday this term, please note that all MT lesson times will be 45 mins later, as follows:

4.15-5.15pm - MT (I) - Years 1-3

5.15-6.45pm - MT (II) - Years 4-7

6.45-8.15pm - MT (III) - Year 8 plus

If your child is interested, then we can offer them a trial in the class in the first class this term, on Sunday 11th January.

Contact Natasha - sldsupperschool@gmail.com for more information.

Auditioning / taking classes with another dance organisation

Please note the following from our school terms and conditions:

Students at SLDS may not audition for nor attend another dance school (including CAT schemes and Associate classes) unless prior written permission has been granted by the Principal.

The reason we have this rule in place is so that children have consistency in their dance training. Also, so that potential timing clashes between classes can be discussed and understood in advance of acceptance onto any additional training scheme. If you wish to discuss this matter further, or in future you find that you would like your child to attend additional dance training outside SLDS, then please email me before applying to audition.

Wishing you a great start to spring term 2026!

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

Facebook - @southlondondanceschool

Instagram - @south_london_dance_school

Miss Zoe

Principal

South London Dance School