



UPPER SCHOOL Newsletter - Monday 13th April 2026

Dear Parent or Carer,

I hope you've had a restful Easter break and are looking forward to summer term classes starting today (Monday 13th April). All dates for this term can be found here:

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

Please note that classes WILL take place as usual on bank holiday **Monday 4th May**.

The teachers and I very much look forward to seeing the children this week and hearing about their Easter break. I would like to take this opportunity to welcome all of the new children and families who are joining us this term.

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 check your invoice which was emailed to you on 16th March from upperschool@southlondondanceschool.co.uk to remind yourself about your child's dancing schedule for this term as it may be different to last term.
- 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.
- 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.**

- **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 eating suggestions** - 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. The fridge in the waiting room can be used for storing named and dated “dinner boxes” for students who come to the studios straight from school for a full evening of dancing and so should eat a proper meal. Parents / carers can drop off “dinner boxes” for their child for the next day when they collect them in the evening, or during the daytime as the waiting room is usually accessible from 10am on weekdays.
- 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>
- The microwave in the waiting room must only be used to heat up meals and **it must not be used for heating up sugary snacks such as chocolate and cookies as this can be dangerous.** Please also note that **children under the age of 12 should not use the microwave.**

Breaks between lessons

- If your child’s timetable is the same as last term then their supervised breaks will also remain the same as last term. **However, if your child’s timetable has changed for the summer term, then please check the full timetable on our website to check that any breaks between their lessons are stated on the timetable as supervised. If they are not listed as supervised then please contact Loretto to check the plan for your child.**
<https://southlondondancestudios.co.uk/studio-timetable/>
- Please be reminded that water is the only drink that is permitted for breaks that take place in the studios and all snacks 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>

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 3pm today if your child has lessons this**

evening, or by 9am tomorrow 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 3pm today if your child has lessons this evening, or by 9am tomorrow**. Likewise, if your child no longer needs their medication, then please let us know immediately.
- If your child has suffered an injury over the Easter break, or has a pre-existing injury about which we may / may not be already aware, then we **MUST** be notified **by 3pm today if your child has lessons this evening, or by 9am tomorrow** 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.

FINAL REMINDER - foot / ankle sessions with Angelo & gym / acro skills with Miss Amelia - REPLY BY THIS WEDNESDAY

After the excellent sessions we had with Angelo in the autumn term, I am very pleased to let you know that he is booked for three further dates this term to work with the Primary ballet (II) / Grade 1 modern (II) plus children on:

- Controlling pronation & sickling
- Strengthening metatarsals, arches & ankles
- Improving extension of feet
- Correcting tracking for rises, relevés and jumps
- Pointe work (for girls who already do pointe work)

This is open to students who were not invited to attend in the autumn term, or chose not to attend. These sessions are incredibly beneficial for all young dancers to reduce chance of injury and improve ballet and modern dancing

placement and technique. Groups will be smaller than in the autumn term and when we know who wants to attend, we will group the children accordingly.

Additionally, on these dates, Miss Amelia will be running **gym / acro workshops** for students to learn / improve gym skills which can be used in modern dancing and develop strength and flexibility. Your child does not have to attend our Friday gym skills classes to be able to come to the Sunday sessions.

The sessions with Angelo and Miss Amelia will take place this term on:

Sunday 17th May

Sunday 14th June

Sunday 28th June

We advise that your child attends all three sessions, with a minimum of attending two sessions.

We are not able to give times and prices at this stage as initially we need to know which students wish to attend, therefore, **if you are interested in your child attending, then contact sldsupperschool@gmail.com by 9am THIS WEDNESDAY** and let us know which 2 or 3 dates your child would be able to attend, what times they would be available on each date and which workshop(s) they are interested in attending i.e. feet / ankles with Angelo and / or gym / acro with Miss Amelia. Of course, we recommend that your child attends both workshops if possible as it's a wonderful opportunity for them :)

Timetable for September

We are already looking ahead to the autumn term by making a start on the timetable which, of course is a major challenge.

It would be very helpful for us to know any information that you think we might be able to try to accommodate. For example, if your child cannot get to the studios straight from school until a later time than 4.15pm on any weekday, then that would be helpful for us to know. Or if your child attends another weekday evening activity that is important to them and will continue in the new academic year, then let us know.

It would also be very helpful to know now if you plan for your child to stop any genre at the end of the summer term.

Please let us know any information that you would like us to consider by Monday 20th April. 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.

The theme for this term

Our theme for this term is '**Flexibility & Mobility**'. Over the course of this term, the teachers will introduce the students to a range of approaches for stretching. Please encourage your child to practice them at home.

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.

London Children's Ballet - Anne of Green Gables

From 3rd to 5th July, our students Oliver and Fola as well as our ex-student April, will be performing in London Children's Ballet's production of Anne of Green Gables at the Peacock Theatre in Holborn. And it's very exciting that Fola has had a special new part created just for her!

<https://www.sadlerswells.com/whats-on/london-childrens-ballet-anne-of-green-gables-2026/#book>

As it is a full-length ballet, I would recommend this production to be suitable for children in school Year 2 and above.

Junior Funky Moves class for Reception to Year 2 - Thursday 4.00-4.45pm

I am really trying to get more boys interested in dance and our Junior Funky Moves class is perfect for them. Of course, girls can also join the class!

Children learn street dancing moves in a creative and fun story-telling context with themes such as space, superheroes and Toy Story.

The fee for the 13-week summer term will be £123.00. Contact Lynsey for more information or if you'd like to sign up your child - slds lowerschool@gmail.com

We would be most grateful if Reception to Year 2 parents / carers could please put this class on their school class what's app group to spread the word as we would love to bring new children, especially boys, into this class this term.

Summer Holiday Programme 2026 - Tuesday 25th - Friday 28th August

Register your interest for this now by completing the google form linked below:

https://docs.google.com/forms/d/e/1FAIpQLSeNFLhqjispPD_CO79EcGqYTLgZyB3mIOM745k8NGS2gG_1LVQ/viewform?usp=publish-editor

or contact sldsummerprogramme@gmail.com if you have any questions.

For students who are currently in Year 2 plus, it will be a fun and challenging week of dance, acrobatics and musical theatre with fantastic guest teachers joining your favourite SLDS teachers. It will be a great way to get back into dancing after the summer holiday so DON'T MISS OUT!!! Groups will be split by age / level.

For younger children (currently in school Reception and Year 1), it will be a fun week of arts & crafts, yoga, singing and dancing, with a little performance for parents and friends at the end of the week.

Lastly, I am very saddened to let you know that our previous ballet teacher, Mr Tony, who moved to Scotland over the summer, passed away recently. He received a cancer diagnosis and tragically died very soon after, only sharing his situation with close friends and family so we were not aware. The last time I contacted him was just before Christmas to send him some videos of our senior ballet class which he very much enjoyed and appreciated. The students who were taught by Mr Tony talk about him from time to time so if your child knew him, please do let them know this very sad news and also mention that I would be very happy to talk to your child about him at any time if they would like to. We will miss Tony's great sense of humour and will always remember his wonderful ballet classes to which he brought such beautiful musicality and choreography.

Wishing you all the best for the summer term.

Miss Zoe

Principal

South London Dance School