



amanda restell
ACADEMY OF DANCE

SUMMER TERM NEWSLETTER

April 2018

DIARY DATES: -

W/C Monday 2nd April 2018 – Easter Holiday, no classes (except for workshops)

W/C Monday 16th April 2018 – Back to dancing

Monday 7th May 2018 – Bank Holiday – no lessons

Sunday 13th, 20th May & Sun 3rd, 10th & 17th June 2018 – Exam Coaching classes

Tues 29th & Wed 30th May 2018 – Pro Excel Project workshops at Studios

Sunday 3rd June 2018 – Pro-Excel performance at Wembley

Friday 22nd – Wednesday 27th June 2018 – Exam Session (please see newsletter for details)

Saturday 21st July 2018 – ARAD departs on our LA Dance Tour

W/C Monday 23rd July 2018 – Summer holidays. No classes but we will be running a summer school

ACADEMY FEES

Please remember that you have **3 weeks** to pay your half termly fees. Once these 3 weeks have passed you will be charged an admin fee and a 10% late penalty fine for non payment. Please ensure that your fees are paid by Saturday 5th May 2018 by 3.30pm to avoid any extra charges – thank you.



Don't forget to like our page – keep up to date with what the Academy is doing and see all the photos and videos that are regularly uploaded.

EXAMS – Summer 2018

We have now booked our exam session for Friday 22nd June – Wednesday 27th June and the details are as follows: -

Friday 22nd June – Exams will commence at 1.30pm in both Studio 1 & 2. All Mini Mover classes will be on as normal but all after school classes will be cancelled.

Saturday 23rd June – Exams will run from 9.00am – 6.30pm in both Studio 1 & 2 – there will be no classes running on this date.

Sunday 24th June – Exams will run from 9.00am – 6.30pm in both Studio 1 & 2.

Monday 25th to Wednesday 27th June – Exams will run from 8.00am – 3.45pm in Studio 1 only – all classes will be running as normal.



It is a very large session this time as we are anticipating a large number of entries. We are able to be a little flexible with regards to day and time of exam but we are governed by guidelines from the association and examiner. If you are unable to do a certain day could you please let reception know at the beginning of the summer term so that it can be taken into account. Please note that we are now asking students to purchase their graded CD (available from reception) to practice at home as decisions as to who is ready to take their exam are made at the very beginning of next term so it is incredibly important to keep practicing. Please note that Miss Amanda has discussions with all dance teachers with regards to all dance pupils in class and how they are progressing. We will not enter a pupil in for an exam if we feel that they have not achieved the correct level for that grade – only those who are ready will be entered as we feel it is counterproductive to enter a pupil when they are not ready and at the level technically.



THURSDAY BALLET CLASSES

As you will all be aware, Miss Storme has had to leave the Academy due to child care issues and we are very sorry to see her go. We are delighted to announce that Miss Amy will be taking over from Miss Storme when we return. Miss Amy already knows all of the children and so will be able to take over from Miss Storme with a smooth transition and is already teaching all of the ballet grades so will be able to pick up from where Miss Storme left off.

Use of Changing Rooms

Can we ask all parents, pupils and students to please make use of the changing rooms and facilities that we have at the Academy. An increasing number of children are changing in reception, corridors and outside of the studios and we feel it is not appropriate for children to be undressed and down to their underwear in a public space. Can we also please ask parents of senior students to pass on this information as many students leave their belongings all along the corridor and outside studio one, often blocking the sofa and surrounding areas for other parents to use. The corridors and fire exit routes need to be kept clear at all times and we would really appreciate your co-operation in this matter – thank you.

TOILET BREAKS

Can we please ask that you take your daughter/son to the toilet prior to their class starting. We are seeing an increasing number of children needing the toilet during their lesson and this can be hugely disruptive, especially when we are preparing for exams. We do understand that children can get “caught short” and we would never stop anyone from going to the toilet if they were desperate but if we could avoid the disruption by encouraging them to go before they come in then that would greatly help – thank you.



AN APPLIED DANCE SCIENCE PERSPECTIVE



Edel Quin / Sonia Rafferty / Charlotte Tomlinson

SAFE DANCE PRACTICE

Here at the Academy we take the health and well being of our students very seriously. We have asked our senior students on numerous occasions to please wrap up after dance as this protects their muscles, ligaments and tendons and allows the body to cool down slowly thus preventing injury. Many students are still leaving the Academy in just their ballet leotard and tights and we would like to encourage them to look after themselves a little more. Can you please ask your daughter/son to ensure they have warm clothing to put on after class to help prevent injury and to ensure safe dance practice. A simple tracksuit will suffice and will allow their body to recover from exercise at a safe rate. Thank you for your co-operation in this matter.

I hope you all have a wonderful Easter and a much deserved break – enjoy the chocolate and whether you are staying at home or going away, I hope you all manage to recharge your batteries ready for what the summer term will bring.

Many thanks,

Miss Amanda

xxx

Happy Easter!

