

# Term 1 Studio News & Dates

Dear parents and students,

Thank you for dancing with us at Wellington Dance and Performing Arts Academy!

A lot has happened already this term and we have some exciting events coming up!

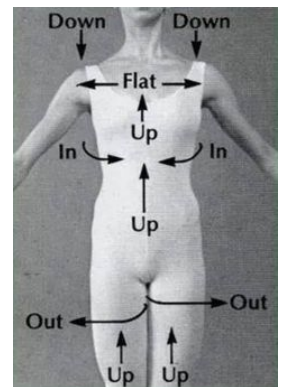


## Dates to remember

- \* **Term 1 Dates:** Began Tuesday 9<sup>th</sup> February and will finish classes on Sunday 17<sup>th</sup> April.
- \* **Easter Weekend - No classes Good Friday through Easter Tuesday inclusive** (school holiday for some schools).
- \* **Lucy Ellis Workshop:** Sunday 13<sup>th</sup> March – see information below.
- \* **Try Singing Week:** Monday 14<sup>th</sup> to Saturday 19<sup>th</sup> March – everyone welcome to attend a singing class – see info
- \* **Phoenix Weekend Dance Workshop (Palmerston North):** Saturday 30<sup>th</sup> April & Sunday 1<sup>st</sup> May. See info below.
- \* **Term 2 Dates:** Begins Monday 2<sup>nd</sup> May and ends with classes on Sunday 10 July. No classes Queen's Birthday Monday 6<sup>th</sup> June.

## Our Goal for this Term – Posture!

Good posture is key in dance and this term we are working towards improving our posture. The correct alignment of the pelvis, control of the turn-out, how our weight is balanced and correct placement of the spine, shoulder and head will not only improve our posture for dance but will also help protect our joints and muscles. Our teachers will be talking about posture in class throughout the term.



## Lucy Ellis Workshop



On Sunday 13th March we will be hosting Lucy Ellis for a day of dance workshops at our studio. Lucy is an internationally recognised dance and vocal coach based in Australia. The full workshop program runs for 3 hours and includes stretch, conditioning, kicks, turns, jumps, improvisation, jazz and lyrical.

Junior Workshop (Grades 1-4): 11.00-2.00pm

Senior Workshop (Grade 5, Intermediate to Advanced): 2.30-5.30pm

All students regardless of whether you do ballet, jazz or both will love this 3 hour-long workshop. Students from other studios are also welcome to come. Each workshop is \$45. Students can sign up at <http://www.wellingtondance.co.nz/workshop/>

## Phoenix Weekend Dance Workshop

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**Phoenix Dance Workshop:** A group of students will be travelling to the Phoenix Dance International Workshop 2016. Phoenix is a fun weekend dance course open to students 9 years and over. Dance styles learnt over the workshop are Hip Hop, Jazz, Funk, Musical Theatre and Lyrical.

**When:** Weekend of the 30th of April and the 1st of May.

**Where:** Palmerston North Boys High School.

**Cost:** \$190 per student (includes all classes)

You will need to arrange your own accommodation, travel, meals etc. Please contact the office by 18<sup>th</sup> March if you are interested in booking a place.



## Try Singing: Week of 14<sup>th</sup>-19<sup>th</sup> March

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The week of Monday 14<sup>th</sup> to Saturday 19<sup>th</sup> March will be 'Try Singing Week'. Andy will be teaching a fun selection of musical theatre and movie songs. All dancers are welcome to come and try a singing class; there may be one directly before or after your dance class! Here are the times. All welcome, no need to RSVP just tell Andy you are there to try singing!

### THORNDON SINGING TIMES

#### TUESDAY

##### STUDIO 2

- 4.15 Singing Private Lesson
- 4.45 Singing Club (7-9 yrs)
- 5.15 Singing Club (8-10 yrs)
- 5.45 Singing Private Lesson
- 6.15 Singing Club (9-11 yrs)

#### WEDNESDAY

##### STUDIO 2

- 5.00 Singing Club (8-10 yrs)

#### SATURDAY

##### STUDIO 2

- 1.00 Singing Club (7-8 yrs)
- 1.30 Singing Private Lesson
- 2.00 Singing Club (8-10 yrs)
- 2.30 Singing Private Lesson

### CITY SINGING TIMES

#### SATURDAY

- 10.45 Singing Club (7-9yrs)
- 11.15 Singing Club (7-9 yrs)
- 11.45 Singing Club (6-8 yrs)

## End of Year Event Plans 2016

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We have a great snippets video of our 2015 theatre performances on our facebook page. We do a big theatre recital every two years, so the next one will be in 2017. We appreciate that the concert requires both time and money on the part of parents, and feel that it strikes the right balance to offer this experience once every two years. This gives the students something to work towards, without placing pressure on families every year during the very busy pre-Christmas period. This year we will work towards a Studio Performances Week at the end of Term 4. Each class will prepare and present solo and/or group dances of different genres to an in-class audience of parents and friends. We may also hold a studio showcase highlighting the work of our vocational students, performance teams and other competition students, and possibly an end-of-year party – ideas and feedback most welcome!

## Dancers' Uniform – Plus Studio Hoodies Order (by 18<sup>th</sup> March)

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We'd love our students to look like dancers at every lesson. The reason we ask this is because it really does help the teachers to assist with posture and technique. For example, the little skirts worn by our young ballerinas are there to aid learning to curve your arms.

**What to wear?** See [wellingtondance.co.nz/uniform](http://wellingtondance.co.nz/uniform). Ballet and Jazz uniforms can be fitted and purchased from Gubbs Dancewear located at 102 Wakefield St, Wellington.

**Studio Hoodies:** Studio hoodies can be ordered at [wellingtondance.co.nz/uniform](http://wellingtondance.co.nz/uniform) (deadline 18th March). These can be personalised with your student's name.



## Ballet Grades Students: What is “Character”?

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Character dance is taught as a skill within the graded examinations syllabus of the Royal Academy of Dance. Character dance is a part of classical ballet. It is the stylised representation of a traditional folk or national dance, mostly from European countries. Popular character dance adaptations for ballet also include the national dances of Hungary, Russia, Poland, Italy and Spain: czardas, mazurka, tarantella, flamenco, etc.

**What to wear for Character?** All ballet dancers Grades 1-5 require character gear for their classes. Students wear a low-heeled black shoe with a black circular skirt, often adorned with ribbons (in our studio, one gold ribbon around the skirt). For Grade 1 a plain black character skirt and a pair of low-heeled character shoes can be purchased from Gubbs Dancewear. A gold trim will be hand sewn onto the skirt during the Term 1 school holidays at a cost of \$10. Please bring your named skirt into the office during the last week of Term 1 with a named envelope with your \$10. The skirts will be ready for pick up the first week back of Term 2.



## Ballet, Jazz & Contemporary Exams: How To Prepare?

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We offer optional exams, medal tests or class awards for all levels from Pre-Primary (age 5) to Advanced. These are held in Term 3 (Jazz & Contemporary – early to mid September), and Term 4 (Ballet – late October to early November). We will give more information and entry forms out next term but for dancers wishing to enter here are the class and practice requirements for each grade. This is to ensure that the dancers enter their exam having had enough class time to learn all the exercises and feel ready to give their absolute best! For those dancers not willing or able to meet these requirements due to other priorities or commitments, we can discuss either progressing to the next grade regardless or continuing in your current grade and sitting next year.



*Please note that your teachers will make recommendations as to whether each student should sit a Medal Test, Class Award or Exam, depending on their progress during Terms 1 & 2. These recommendations will be sent out with entry forms.*

**Ballet Pre-Primary & Primary (optional RAD Class Award):** One weekly class, plus two extra practices on the last weekend of the October school holidays.

**Ballet Grade 1 (optional RAD Class Award or Exam):** For the Class Award, one weekly class. For the exam, two weekly classes. For both, compulsory attendance at Grade School (five extra practices in second week of October school holidays). Please note: We are adding an extra Ballet Grade 1 on Saturdays at City 2-3pm with Miss Lexy.

**Ballet Grades 2-5 (recommended RAD Class Award or Exam):** Two weekly classes, plus compulsory attendance at Grade School (five extra practices in second week of October school holidays).

**Jazz Pre-Primary to Grade 1 (optional NZAMD Medal Test):** One weekly class plus 1-3 extra practices on Sundays leading up to the exam/medal test.

**Jazz Grades 2-Advanced (recommended NZAMD Medal Test or Exam):** One weekly class plus 3 extra practices on Sundays leading up to the exam/medal test.

**Lyrical (optional NZAMD Medal Test):** One weekly class plus 1-3 extra practices on Sundays leading up to the exam/medal test.

**Contemporary (recommended NZAMD Exam):** One weekly class plus 3 extra practices on Sundays leading up to the exam.

## Dance Pilates

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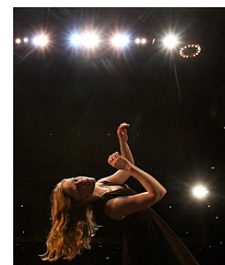
Some students have enquired about dance pilates. We recommend that Intermediate & Advanced students try Greer Robson's Body Mechanics. Body Mechanics will align, strengthen, increase flexibility and enhance a young dancer's bodily capabilities. [www.bodymechanics.co.nz](http://www.bodymechanics.co.nz)



## Teacher Profile – Anita Hutchins

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Miss Anita studied at the Royal Ballet School in London where she graduated Top Female Student. Whilst at the school she performed with the Royal Ballet and worked with the RAD, dancing on its Solo Seal video. At the Margot Fonteyn Memorial she danced Fonteyn's first solo. Anita won the Silver Medal at the 2000 Adeline Genée Awards. From 2000 to 2003 she danced with Bayerisches Staatsballet Munchen and from 2003 to 2004 with Netherlands Dans Theater II working with Jiri Kylian and others. After returning to New Zealand, Anita was the very popular winner of the hugely successful So You Think You Can Dance TV show in 2006. She then danced with The Royal New Zealand Ballet for a touring season, and Phoenix Dance Theatre in Leeds. Since returning to Wellington Anita graduated from Victoria University with a BA majoring in Philosophy and has been constantly involved in teaching, choreographing and adjudicating dance. Anita has been teaching at Wellington Dance for 7 years.



## Teacher News

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**Congratulations to Miss Abbie:** Abbie is marrying her fiancé Tim in mid-March! Other teachers (including Miss Katie, Miss Georgia and Miss Lexy) will take Abbie's classes while she is on honeymoon. Bet everyone is looking forward to seeing what Abbie has taught Tim for their wedding dance 😊

**Farewell to Miss Helen:** We are very sad to have to soon say goodbye to Miss Helen who will be leaving Wellington soon with her husband Ian. Miss Helen has been an amazing teacher, coach and mentor to everyone at Wellington Dance, students and teachers alike. Miss Helen is going to examine in Singapore next week but will be back in Wellington after her examination tour and we plan to have a farewell afternoon tea then.



## Student Class Assistant Programme

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We are looking for older students (ages 10+) to train to be class assistants in younger classes. If you are interested in helping either one day after school or on Saturday mornings, please email Wendy ([office@wellingtondance.co.nz](mailto:office@wellingtondance.co.nz)).

## Student Successes

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The following students are part of the 2016 NZ School of Dance Scholars and Associates programmes: Alicia Houston, Olivia Morphew, Bethany Lines, Macy Cook, Heidi Craig, Lara Flannery, Chacha Ellis, Jemima Scott, Lokyee Szeto, Isaak McLean and John Paul Lowe. These programmes are part of the New Zealand School of Dance's commitment to nurturing young talent in the pursuit of excellence.

Well done to Gemma Kemp who competed in the Peter Oxford National Showcase competition in Australia. Gemma was awarded a Platinum Gold medal for her classical and a High Gold medal for her contemporary.

Please post your student successes to our facebook page, we love to share them!



## Other Notices

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**Studio Newsletters:** We understand that newsletters can go missing so as well as giving out these in class, we will send via email. Also please like [www.facebook.com/WellingtonDanceandPerformingArtsAcademy](https://www.facebook.com/WellingtonDanceandPerformingArtsAcademy) for updates.

**Lost Property:** Please NAME your dance shoes and dance wear. We have lost property bins at Thorndon and City. All lost property remaining at the end of Term 1 will be donated to charity shops.

**Office Hours:** Our office hours for this year are Monday – Thursday 10:00 – 4:00pm

**Questions:** Call us on 04 2108642 or email [office@wellingtondance.co.nz](mailto:office@wellingtondance.co.nz). Please send us photos and dancing news for our Facebook page too.

