

DANCE EXPRESSIONS



Welcome to Dance Expressions where each and every dancer is an important member of our studio. We believe dancers should be taught in a safe, nurturing, and positive environment.

Below you will find important information regarding our studio, classes and policies. Please take a moment to carefully review the information with your dancer and keep it handy for future reference. We would also like for you to sign and return the last page of our rules and policies handbook. We look forward to sharing this special year of dance with you and your family. At Dance Expressions you will experience how much fun dance can be and all the joy that comes along with it!

FOR OUR STUDENTS The first step to becoming a successful dancer is making a solid commitment to your classes. Strong technique is a key ingredient and class is where you develop that technique. Come to each class each week prepared to learn and without personal distractions. Class time is your chance to focus on yourself, so try to leave your concerns or worries at the studio door. True progress is made when you look at each class as an opportunity to become better at what you love to do. Dance full out, stretch a little further, become more aware, and make the most of every class!

We expect all of our dancers to participate in class. We understand that sometimes you need to sit out due to an injury or illness but if a dancer makes a habit of sitting out on a regular basis, a teacher-parent-student conference will be scheduled to discuss this matter.

Respect for the teacher is essential. Listen to each correction given, whether it's directed at you or another dancer. A correction is an honor; it shows how much a teacher cares about your progress as a dancer. Always say thank you when your teacher offers you constructive criticism. Nothing can stop those students who apply themselves in every class and appreciate their teachers' knowledge and experience.

FOR THE PARENTS We believe that a child's success depends on the support of their parents or guardians. Because your commitment to the process makes an enormous difference, we encourage you to be a part of your child's dance education.

Our program relies on a positive atmosphere where cooperation and showing respect towards other parents, the students, and the teachers is expected. You are a role model for your child about how to interact with others in a professional setting.

Your child's presence at all classes is imperative. The spirit and the lesson of dedication are a big part of our dance program's learning process.

Parents and teachers may look at a child's learning from different perspectives. However, we believe they share a common goal: to ensure that every child receives the best possible training, both physically and mentally. Mutual respect among teachers and students' parents provides the children with the ultimate care and education.

No two students will progress at the same rate, even if they experience the exact same training. It is important to encourage children to focus on themselves, give their all, and be satisfied with their own accomplishments. Making negative comparisons distracts children from focusing on their own dancing experience. In addition, speaking negatively about your child's teachers, fellow students, or other students can result in children imitating this behavior with others.

Class Placement: When it comes to class placement we take a lot of time accessing the dancer on skill, maturity, strength, technique, and their understanding of the class material. Remember, the general number of years per level is 3-4 years. Keep in mind that each student progresses at a different rate based on many factors including the number of years they have danced, class attendance, and whether or not they practice at home. We don't want anyone intimidated by the class work and the speed at which the higher level is taught. In the upper levels students must have mastered the material in previous levels so we do not have to continuously review what they should already know. It isn't fair for current students to slow down the class pace for new students who aren't prepared. Understand that we are concerned about the well being of every child who enters our studio. When a dancer moves into a level they are not prepared for, they will struggle. When Parents and Dancers understand this and dancers stick to the appropriate levels they will become more focused and stronger dancers. Your child worked hard and did a wonderful job last year. There is absolutely nothing wrong with being placed into the same level..it is a natural process in dance. It is not a repeat, the class will progress and continue to move forward. Your child will benefit both physically and artistically.

Staying in the Loop: We work hard to make the dance experience organized and fun. Keeping you informed is one of our primary goals. Please read all e-mails and all hand-outs that are sent home. Most of our contact is through e-mail, so

please make sure you provide us with a current address and check your e-mail on a regular basis.

If you would like to contact us, please send an e-mail to this address: JMF Dance57@aol.com

Website: www.danceexpressions5678.com

Questions: If you have any questions please contact your child's teachers. Talking only to other parents can lead to misinformation and confusion.

Facebook Page: Dance Expressions has a Facebook page! Check it out and don't forget to **LIKE** us!! We can be found at [Dance Expressions Menlo Park](#). Please invite your family and friends to "like" Dance Expressions as well!

Dance Standards and Policies

Registration Information: Students need to be registered by the second week of class. If they are not on the enrollment by then, they will not be able to participate in class until they are properly registered.

Attendance/Absences: Our attendance policy is simple..you should always Attend-Dance! 😊

Students are expected to be in class each and every week. It is important that students attend all of their classes in order to benefit from their training. Absences or tardiness can have a negative effect on the entire class. When dancers miss class frequently, spacing and formations become very difficult to work on. It is very unfair to those who attend regularly and can result in frustration for the student and their teachers and classmates.

Make sure you notify the teacher in case of an absence. If a student is absent from class they are responsible for learning the steps taught in the lesson missed. If attendance becomes a problem your participation in the show will be discussed with a possibility of not being able to perform.

Whether the student takes one class or many classes a week, the commitment is the same. We are hopeful that everyone will honor their commitment to their class (or classes) and complete the entire dance year. The quality of what you learn and how you perform in class and on stage will be a direct result of your yearly attendance. Each class is comprised of individual students who work together as a single unit or team to create this visual experience called dance. When team members are missing from

class, this experience is diminished. **Schedule your other activities around your scheduled class times.**

Good attendance = good performance!

Attire: Students should arrive in clean clothes and properly dressed. Appropriate dance clothing...tanks/t-shirts (not baggy), dance pants/shorts/leggings, and black jazz shoes (Pre-k – 2nd Grade can go barefoot in class, but will need jazz shoes for the end-of-the-dance-year performance). Students should wear their hair tightly secured and styled away from the face – ponytails, braids, etc. Always remember deodorant.

We would like for students to bring a dance bag to class to store their dance shoes, hair ties, clips, deodorant, etc.

Jeans (pants and shorts) are not acceptable and students will sit out if not properly dressed. For our younger students please wear proper dance attire as well. Dresses and skirts are very hard to dance in.

Class Etiquette:

Bring a good attitude to class. We expect students to observe common courtesy and to be respectful of their teachers and fellow class members. Proper respect is expected at all times. We feel it is important that students learn to work efficiently as a group and behave in a respectable manner. There will be a wholesome, healthy, age-appropriate atmosphere at all times. A positive attitude and proper behavior is necessary to ensure a rewarding and productive dance class. Disrespect for teachers, gossiping and other behaviors that adversely affect the class will not be tolerated. We love to teach and watch your children grow. Please help us continue our tradition of positive, constructive dance instruction by supporting us and your amazing children.

- ★ No food or drink in the dance room, besides water. No snacking during class time.
- ★ Cell phones are not to be used in class and should be turned off or on mute.
- ★ Profanity, unsportsmanlike conduct, and or gossip will not be tolerated. Positive energy only!
- ★ Keep hands off the mirrors.
- ★ No hanging on the barres.
- ★ Always use strong arms, stretched feet, proper body alignment and 100% of your energies during class.

And remember to smile, learn, and have fun in each class! 😊

Class Observation: We appreciate our dance families and their support, but we ask parents to view their student's progress from the lobby. Please stand away from the

viewing window if it is obvious the student is distracted. Sometimes students feel additional pressure and stress when trying to please a parent. It is important for all students to remain focused while in the classroom. No visitors are permitted in the dance room during class time.

Lost and Found: Please mark all dancewear, shoes, and personal items with your child's name. We will make every effort to locate and return lost items; however, we cannot be responsible for any items that your child brings to class.

Student and Parent Use of Social Media: Use of Facebook, Twitter, LinkedIn, Instagram, blogging and other social media outlets is commonplace. This policy is intended to provide parents and students guidelines for the use of social media regarding Dance Expressions. Please use discretion when posting on these sites.

- Never post anything that could compromise the self-esteem of students who attend Dance Expressions.
- Never post any negative comments about Dance Expressions, our teachers, our performances, and any events attended.
- If you post videos of class or rehearsals, don't post any choreography in its entirety.

If it is brought to our attention that there has been improper use of social media, you will be asked to remove the content and if not done so or if this continues to be a problem, it may result in dismissal of the student.

No Solicitation Policy: Out of respect for Dance Expressions and what we have created, we ask that no student/parents of students currently taking classes at Dance Expressions and recently thereafter solicit/recruit or attempt to solicit/recruit Dance Expression's students and or parents for other instruction relating to dance. **Solicitation/Recruitment is unprofessional and unethical and will not be tolerated.**

End of the Year Show:

This year's show will be held on June 17, 2017 at the Menlo-Atherton Performing Arts Center. This is the highlight of the year for many of our dancers. It's a chance to wow family and friends and show off all of their hard work. We will also have a Picture Day (date TBA) !

Costumes:

There is a separate costume fee that will be due in December. We order early to ensure that we will get costumes on time. There are no refunds once costumes are ordered.

For the Performing Company, the costume fee will be needed by the end of September/early October. More information will be given at a later date.

Rehearsals:

As we get closer to our June performance, we will send out the rehearsal schedule. Rehearsals are held the week of the show. Students are expected to attend all rehearsals and stay for the duration of their scheduled time as this is the last chance to clean up, make changes, and polish the dances. If dancers miss rehearsals there is a possibility that they might be out of certain sections if changes were made. If dancers miss the final dress rehearsal before the show there is a possibility they will not be able to perform. Even when one person misses, they can upset the balance of the spacing.

Photos: Every now and then we like to post some photos of our classes, performances, and general “studio life.” These photos are used for advertising, Facebook, Instagram, and our website.

Notes for Parents:

- ★ Make sure you notify the teacher in case of an absence.
- ★ Please register on time.
- ★ Encourage practice at home
- ★ Check e-mails and the website for updates. www.danceexpressions5678.com
- ★ Please go over the policies with your children to help them understand why it is important for everyone to follow the rules.
- ★ Please remember we value you and your children and want to thank you for choosing us for your children’s dance education

Code of Conduct

Students and parents will conduct themselves in an appropriate manner while at Dance Expressions and at all performances and events in which Dance Expressions is being represented. Proper respect for instructors is expected of all students, parents/guardians and siblings.

Attitudes that are disrespectful, uncooperative, or aggressive do not have a place at Dance Expressions.

Students will not speak negatively about one another or the teachers.

Any parent/guardian or student who disrupts class or approaches a teacher, another student or parent with the intent to cause dissent or contravene the policies and procedures of Dance Expressions will be dismissed immediately.

Any inappropriate or slanderous remarks about Dance Expressions on any social media site will be cause for immediate dismissal from the studio.

Thank you so much for your support. We are looking forward to another fantastic dance year!

Please sign and return this page. 😊
Due by the end of September 2016.

BY SIGNING BELOW, I ACKNOWLEDGE I HAVE RECEIVED AND READ THE ABOVE INFORMATION and understand the policies and procedures of Dance Expressions. I agree to adhere to all the rules and regulations asked of myself and my child.

Parent Signature: _____ Date: _____
Student Signature: _____ Date: _____

Current Parent E-mail: _____
Current Student E-mail: _____