

Newsletter 1,
January 2008.

DATES TO REMEMBER:

- **Saturday, February 9:**
Academy Open Day
All Welcome!
 - **Monday, February 11:**
First day Term 1, 2008
 - **Week 5 - March 9-15**
Fairies and Wizards dress up week
 - **March 21-24**
Easter weekend
Public school holiday, 4 day break for Easter.
 - **Saturday, April 12**
Last day Term 1.
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- **Monday April 28**
First Day of Term 2, 2008

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Classes Resume on Monday, February 11.

WELCOME TO OUR NEW HOME IN 2008!

Term 1, 2008

Hi everyone! -

Hope you are all having a super holiday! Miss Brooke and I have been very busy organising our move to the NEW STUDIOS!!

I am happy to announce that the building of the new premises is well underway and is looking fantastic! Everyone is invited to come along to our Open Day on Saturday February 9, 2008 to have a look around.

Classes will be resuming for 2008 on Monday February 11. This will give students time to settle in to school before dancing/acting/singing begins. I hope you are all looking forward to lots of fun and learning in your classes in this year! We have many enjoyable activities to look forward to the coming year including dress up

week for junior classes each term, the Mid year recital for musical theatre and drama, various performances for the performance groups and of course the annual dance concerts at the end of the year. In 2008 we welcome Joanna Mouhtaris to our teaching staff. Many of you would have seen her around the studio over the years, first as a student, then as a trainee teacher undertaking her RAD teaching certificate and now we are lucky to have her on staff. *Read more about teachers on page 2.* I would like to take this opportunity to welcome all the new families and students to The Academy. I hope you have an enjoyable time in your classes this year. I am looking forward to meeting and seeing everyone around the studio in the coming weeks.



Our new home! Anzac Avenue Business Estate, Unit 25, 24 Anzac Avenue, Smeaton Grange.

I have included a lot of general information in this newsletter and although many of you are familiar with most details, please take the time to read through it to ensure all your dates and information are correct.

I hope you have all had a relaxing break and a good rest over the school holidays and are ready for a great new year of performing Arts!

...Miss D.
Danielle Hincks.

TIMETABLE CHANGE FOR FRIDAY AFTERNOONS

Due to overwhelming demand we are excited to add new beginners classes to the timetable!

These classes will be held on a Friday. Beginners Ballet 3:45pm-4:30pm followed by Beginners Tap/Jazz at 4:30pm-5:15pm.

Due to these changes all classes on Friday will commence 15 minutes later than the time previously stated on the timetable.

Please see the following adjusted times:

3:45 Beginners Ballet		
4:30 Beginners Tap/Jazz	4:15 Grade 1 Jazz	4:15 Grade 3 Ballet
5:15 Grade 1 Tap	5:15 Grade 3 Jazz	5:15 Grade 2 Ballet
6:15 Grade 3 Tap	6:15 Grade 2 Jazz	6:15 Grade 3 Ballet
7:15 12-14 Drama	7:15 Boys Stomp (6-12 Years)	7:15 Advanced Foundation Ballet
8:15	8:15	8:45

Important!

Settling in to classes & Studio Safety

Class Vacancies

Class spaces are filling up very quickly. If you have a friend who would like to start be sure tell them to call as soon as possible. We always try to accommodate friends of current students.



Brittany, Caitlin and Juanita.

During the first few weeks of term the waiting area/foyer is always bustling with people and quite rowdy. Don't worry, it does calm down after a couple of lessons when everybody settles into their routine.

For the first few lessons we ask parents of 'Wigglebugs' to stay in the foyer if possible. This helps to ensure your children settle in to their new class and become accustomed to their teachers. Children often will just want to check that mum or dad is still waiting for them and with the excitement of their new adventure they may need to leave class for a bathroom break.

BATHROOM BREAKS

On that note please let me take this opportunity to remind

students to use the bathrooms before class. Although all care is taken and the studio is quite a secure environment, we can not accept responsibility for the children when they leave class. This is because their teacher needs to remain in their studio with the rest of the students in their class.

CHANGING STUDIOS

Your Child's class teacher will escort any students who are moving from one class to another. For example if they have Ballet then Jazz.

TAP/ JAZZ

Tap/Jazz classes will commence with Tap. Please come into class with your tap shoes on. Children will change into jazz shoes mid lesson. PLEASE take out laces in Jazz shoes

and replace with elastic. This is very helpful to teachers and will save class time as the children can then slip their shoes on and off themselves.

SENIOR STUDENT AREA

We have allocated a separate area for senior students (grade 6 and above) for warming up, lockers and homework. Students below Grade 6 are not permitted up the stairs unless accompanied by a teacher. Baby gates have been fitted to the bottom stairs for safety.

LABELS

Please label all your child's belongings. Children have a habit of taking things out of their bags and we can help belongings find their way home if we have a name!

Teachers in 2008

"To impart knowledge of or skill in... To Inspire!"

All your favorite teachers will be returning in 2008, and are itching to get back to their students and classes! In addition to our current teachers we would also like to introduce a few teachers to the Academy staff in 2008.

Brett Morgan: We are extremely lucky to have the talented and respected dancer, teacher and choreographer Mr Brett Morgan as a permanent

member of our teaching staff in 2008. Mr Morgan (who has previously been a Guest teacher with The Academy) is the Dance Director of Sydney Dance Company. Mr Morgan will be teaching Open classes on Saturday mornings.

Joanna Mouhtaris: Miss Jo holds her RAD teaching certificate and has guided many students through their RAD exams with excellent results

including distinctions. Miss Jo will be teaching junior classes in Ballet and Jazz in 2008.

Abbey Scott: An Advanced tapper and Jazz dancer who holds her RAD Intermediate Ballet certificate, Miss Abbey will be teaching Beginners Ballet, Tap/Jazz and junior Tap classes this year. Miss Abbey has trained with the Academy firstly as a dancer for many years and more recently as a teacher.

Uniforms and Grooming

UNIFORMS

Uniforms and grooming are important for students to feel prepared for class.

After the first 3 weeks of term we ask students to start to organize a uniform for class. Leotards, tights and accessories are available from the front counter. Shoes are available from Dance wear stores such as Bloch in Macarthur Square.

If you are unsure of your uniform requirements please see the leaflet enclosed or check out the Academy website www.apamacarthur.com.au

Tracksuits will be available in term 2 from the front counter. Keep your eye out for the pre-order form which will be handed out in class.

GROOMING

For all classes, including drama and singing hair should be held back off the face. This helps students to stay focused and not be distracted by hair flicking in to their eyes.

Jazz, Modern and Tap: Female students are required to have their hair tied back off their face and secured in a pony tail or equally neat hairstyle.

Ballet: Female students MUST have their hair in a bun or two buns if it is shoulder length or longer. Please use bun pins, bun nets and bobby pins to secure neatly. We find that hair falls out when the children are participating in class if held only with elastics or scrunchies. Shoulder length hair may be pulled back into a pony tail. Hair shorter than shoulder length should be held back with a lycra, Ballet head band.



Good presentation helps students feel fresh and prepared for the task at hand.

2007 DVD's & Photos Academy Open Hours

The Academy's annual Dance concerts "Pure Dance" were held in November (junior) and December (Snr) last year. All Teachers were extremely happy with their students performances and proud of their excellent behavior backstage on concert days!

DVD's were available to be ordered leading up to and on concert day. If you ordered a Concert DVD they are available for collection from the front reception desk from Monday, February 11 (first day back at classes).

Photo's are still available. If you would like to view proofs they will be in a folder at the front desk from the start of term. Orders can be placed directly with Barnaby Photography.

Regular Office Hours:

<p>Monday-Friday 2:30pm-6:30pm</p> <p>Saturday 8:00am-1:30pm</p> <p>Sunday Closed</p>
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Extended Hours: In the first two weeks of each term the Office will be open until 7:30pm Weekdays to accommodate fee payments.

If you can not make it in to the office during the open hours we accept payment via credit card over the phone or you can post cheques to: PO Box 1153 Camden 2570.

Nutcracker Excursion

In December The Academy took an excursion of 30 students via train to watch The Australian Ballet perform *The Nutcracker* at The Sydney Opera House.

Students ranged from grade 1 through to Advanced. Teachers and students had a fantastic time with some of the children literally sitting on the edge of their seat for the whole performance!

Highlights of the show included a growing Christmas tree, life size rats rampaging, snow flakes falling from the roof and of course the beloved Sugar Plum Fairy.

We are looking forward to our next excursion of this kind so keep your eyes on the notice board for upcoming events.



Nutcracker Excursion: Academy Students in front of the Sydney Opera House.

Did You know?

Dance is not just good for the body, but great for the brain as well!

The Einstein Aging Study, summarized in June 19, 2003 New England Journal of Medicine, found that dancing helps the brain.

This was attributed to the cerebral rather than the physical aspect of dance. There are also a great many physical benefits of dance including a healthier heart

and lungs, stronger muscles, stronger bones and reduced risk of osteoporosis by increasing bone density, better coordination, agility and flexibility, improved balance and enhanced spatial awareness, increased physical confidence, and improved fitness. The creative and collaborative nature of dance can bring further benefits such as improved general

and psychological well-being, greater self-confidence, self-esteem and better social skills.

Wow! And we thought dance was just about having fun, making friends and doing something we love! Seems like we are getting a whole heap of added benefits!

"Dance benefits the body and brain"

NEW CLASS!
MUMMY & ME!

In response to many enquiries, we have decided to trial a new class which I have called MUMMY & ME. This is a class especially for the young child aged from 18 months through to about 2-3 years and precedes our ever-popular Wigglebugs classes for 3-4 year olds. The class will be taken by myself and is a wonderful way to introduce your young child to dance and music in a caring, social environment. I hope you can join me!

For more information please call our office on 4647 0255 or Mob 0405 140 561.

Academy Teachers Invited to attend Australian Ballet School Teaching course

On January 3, 2008, Miss Danielle, Miss Pauline and Miss Allison attended an exclusive sharing seminar with The Australian Ballet School for their Interstate Junior Program. The seminar provided a unique insight into the structure and teaching methodology used at the ABS.

The seminar was taken by Leigh Rowles who was enthusiastic to share her expertise and pass on her wealth of knowledge in classical Ballet.

The seminar was very informative and I'm sure it will help us with all of our classical students this year.



Georgia Ellery: Australian Ballet School Junior Interstate Associate.

THE ACADEMY OF PERFORMING ARTS MACARTHUR

WELCOME TO OUR NEW
HOME IN 2008!

Address:

Anzac Avenue Business Estate
Unit 25, 24 Anzac Avenue
Smeaton Grange

Post to:

PO Box 1153
Camden
2570

Phone: 4647 0255
Mobile: 0405 140 561
Fax: 4647 0221
E-mail: info@apamacarthur.com.au

The Dream Begins Here...

WE'RE ON THE WEB!

www.apamacarthur.com.au

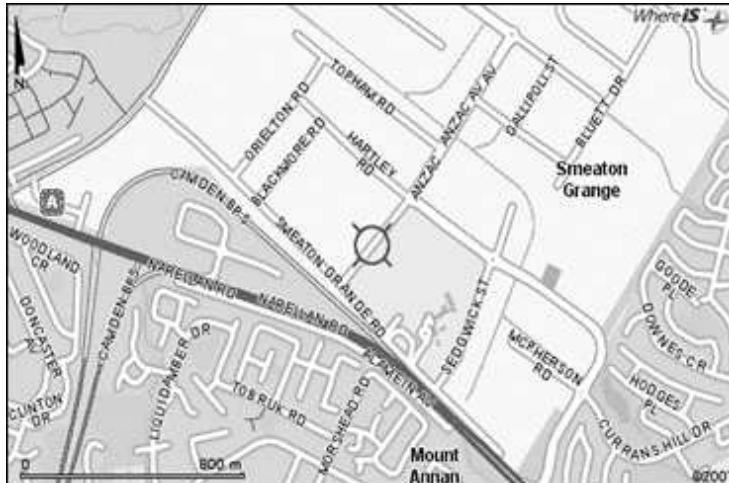
DON'T FORGET OUR NEW LOCATION!

Anzac Avenue Business Estate

Unit 25, 24 Anzac Ave, Smeaton Grange

*Located in the same complex as Euro Café
(the café with the big beige-white sails).*

Drive into the same car park as Euro café and head down to the back of the complex—we are number 25! There is lots of parking...See you there!



We also send all our newsletters via e-mail!

please update your details with us to ensure you get the latest news first!

DOES YOUR CHILD LOVE TO PERFORM?

Students attending 1 lesson of Jazz (for Jazz Group) or 2 lessons of Ballet per week (for Modern or Ballet group) are able to apply to be a member of The Academy's representative Performance Groups. The Academy's Performance Groups provide an opportunity for students who are dedicated to their dance and really love to perform to get out and strut their stuff. Students get to perform at community events and also perform in approximately 3 or 4 competitions per year.

The focus of Performance Group is to prepare a group dance item to a competitive level. Therefore, students need to be able to commit a certain amount of time and energy to practicing their dance items and stretches at home.

Classes are held each week and are taken in addition to the graded technique classes. Members of the Performance Groups must be committed to attending all classes and performances.

Students who are new to a Performance Group, whether having not ever been involved before or if they have moved up an age will first be given an understudy position. This will allow them time to work on their dances before they perform on stage. When they have their routines 'down pat' and in tune with the rest of the group they will be given a 'spot' in the item.

Performance Groups are held for students 6-10 years in; Ballet, modern and Jazz, 14/under Jazz and 15/under Ballet & Modern. If you are interested in performing with a 15+ Jazz group please let Miss D. know.

Performance Group classes will be starting in week 1, 2008. So if you have not already enrolled and would like to please give Miss D a call to book in: 0405 140 561.



Performance Groups are a fun way to explore the team aspects of dance.