

MONTHLY NEWSLETTER



HSD
HORSHAM SCHOOL OF DANCE

FEBRUARY 24

Spring is just around the corner - at last - and things are warming up towards show season at HSD! A few classes have already begun work on their show dances, and others will get going once they have done RAD and ISTD exams and class awards next month.

It's always so exciting to see ideas starting to take shape, after them living in my head for the last few months!



1

FESTIVALS!

February half term was a busy time for Festivals. Our group 'HSD Company' performed two dances at Tunbridge Wells and did an absolutely brilliant job! We also had some of our younger dancers trying out solos for the first time and gaining so much from the experience. My reason for taking part in these competitive events is to help our students gain confidence in performing, and I can certainly say my mission is being accomplished!



2 TEACHER'S 'TIP OF THE MONTH'

Top tip for February is from me again - It's a simple one - Practice makes Progress!!

With exams and shows coming up, nothing is more important than regular and frequent practice - not just in class but between classes also.

Did you know that even if you 'practice' only in your head, you can still make improvements? So if you don't have much space, just listen to the music and imagine yourself doing the moves in the best way you can, and that visualisation process will help you achieve a better performance. Highly successful sports men and women use this trick all the time and it's a great habit to get into!



3 DATES FOR YOUR DIARY

The last Saturday before the Easter break is the 23rd March. (Please note that show invoices need to be paid by then if paying in one installment).

Ballet exams and class awards for those involved on 9th/10th March.

Bronze Jazz Award for those involved on the 23rd March in the afternoon.

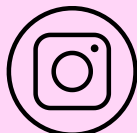
Summer term starts on April 15th and ends with our 2024 show weekend on 13th/14th July!

No classes in half term week commencing 27th May.



BRONZE JAZZ CLASS

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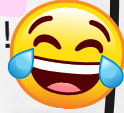


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4

HSD SHOW 2024!

Did I mention we're doing a show this year!



I want to say thank you in advance to *all* of our families for the support you provide to enable us to do what we love - and give your children the opportunity to experience the excitement of performing in a real theatre. We're rightfully proud of our shows at HSD - not only because of how professionally they're presented, but of how they bring the whole school community together for a common cause. Thank you!



5

CLASS SPACES

We still have a few spaces in the following classes - now would be a good time to join with the show approaching!

Beginners Tap and Modern: Wednesdays with Miss Michaela. Suitable for 6-8yrs approx

Musical Theatre 11+ years: Wednesdays with Miss Michaela

Primary Ballet - 5-6yrs: Thursdays with Miss Katie

Nursery Ballet - 3-4yrs: Saturdays with Miss Katie

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6 FUN FACT :)

Ballet is still often thought about as something for girls only, but of course boys do ballet too.

The world class footballer Rio Ferdinand was a talented dancer growing up, and was offered a scholarship at Central School of Ballet in London. For four years he attended classes there four days a week.

Like all dancers, his ballet training gave him strength, flexibility and balance - all skills that he was able to take to the football pitch to improve his game. Rio went on to play for England 81 times in his career.

So if you want to get good at football - or any sport - take up ballet!



7

LAST WORD

A recent scientific study in Australia concluded that dancing may be better than other forms of exercise when it comes to mental health benefits. Dance in varying forms seems to be particularly good for improving emotional well-being, depression, motivation and memory. Of course we're not at all surprised at HSD! It's just another reason to keep dancing!



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