



VALERIE HESTON SCHOOL OF DANCE

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ENROLMENT PACK 2023

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A MESSAGE FROM THE PRINCIPALS

At the Valerie Heston School of Dance, we pride ourselves on being like a "dance family". To our new members we wish to welcome you into our dance family formally, we are sure you will love your experiences with us. Welcome back to our returning family members for what will be a very exciting and rewarding 2023.

The studio has been running in our family now for 69 years. Although the processes of how we do things and the styles of dance have changed a lot over that time, the essence of the studio remains. We operate on two key fundamentals;

- 1) Everybody deserves the opportunity to be able to dance
- 2) Along with great dancers, we are working to shape confident, respectful and amazing people

2022 was an incredible year with fantastic results at competitions, exams, headlining the Telethon 7 weekend along with countless other performance opportunities & building lifelong friendships through dance. We hope to bring even more into 2023.

We have created this document to outline some important information for your dancing year.
Kind regards,

Kerryl & Jeremy Gill

2023 WE ARE
READY

PARKING & KISS/DROP PROTOCOL

Our parking situation over the past few years has caused several headaches however we are finally in a position where we believe the process runs smoothly and we can operate safely and efficiently. Could you please take note of the following protocols for parking at the studio?

1) Every class with the exception of Toddlers, Beginners, Intermediates and Open troupe classes are what we class as "kiss and drop"

2) We lease a hardstand carpark in the adjacent property which is used for Kiss & Drop as well as parking for our classes. This carpark is "One-way" only with the entry gate from the top of the hill and the exit (Right turn only) at the studio side gate. You will see this in the images below



3) For Kiss and Drop classes we will ask you to enter through the entry gates, drop your child in the collection area with the teachers and then proceed through the exit gates (no left turn). For pick-up, we will load the children at the areas indicated on the image as 1,2 & 3.

4) If for some reason you have arrived early and had to park in the carpark you will have to wait for the majority of the kiss and drop queue to exit before exiting. This is to ensure the safety of the students and teachers in the carpark and to allow the process to continue efficiently.

PARKING & KISS/DROP PROTOCOL

5) If for some reason you must stop on the road, please do not mount curbs or grassed areas. Please stay on the actual road.

6) Only the dedicated Kiss and Drop area should be used for dropping your child off for class and picking them up as this is the safest way it can be managed.

7) The carpark has a strict 5km/h speed limit and speeds above this should not be exceeded for the safety of all.

8) We completely understand that for first classes and first-time drop off's that you may wish to park and walk your child into the studio. As such we ask you to park safely in a marked bay. We will often then ask for you to participate in the "kiss and drop" for pick up.



9) The best way to ensure the Kiss and Drop flows is to arrive on time or just after the class is scheduled to finish. Another important point is to **remain patient during the process**. It can get a little bit stressful, we understand however rushing causes unnecessary safety risks to everyone.

Failure to comply with the parking or kiss and drop protocol unfortunately will jeopardise our position as a business under local and state laws.

WHAT TO BRING TO CLASS?

Most classes have very similar requirements and there are a few things that should be brought to every class.

- 1) A dance bag - this keeps everything nice and tidy and in one place so that we minimise loss.
- 2) A water bottle - clearly labelled so if it does get left behind it can be retrieved from our lost property (in the office)
- 3) Appropriate dance shoes. If you are brand new and just starting out you can really make do with any shoes if you would like (including bare feet, sneakers, ballet pumps etc.) This will ensure that you don't go out and spend excessive money on something that you may not wish to fully pursue.

In saying that below are some samples of appropriate shoes for each of the classes.

The images below are just for demonstration purposes only - there is brand to brand variation for each of these. Please make sure all shoes are **labelled** with their name.



Acro/Ballet Shoes - these can be worn for toddlers, beginners, intermediates, tinies classes, jazz classes (up to age of 10 years old), acro classes, 6's, 8's & 10's troupe.

Boys in these classes wear the same shoes but just in a black colour.

Tap Shoes - these can be worn for toddlers, beginners, intermediates, tap classes & troupe classes (not hip hop).

Boys in these classes wear a flat black style shoe as pictured.



Jazz Shoes - these can be worn for jazz classes and for troupes for students over the age of 10.

Hip Hop Shoes - these can be a sneaker of any variety & any colour. For competition students (troupe students) or for end of year concerts we will generally ask for a plain white, low cut style sneaker as featured in the image.



Ballet Shoes - These can be worn for any ballet based classes (or even for our toddlers & beginners classes).

Boys in the classes wear the same shoe but just in the black colour.

WHERE CAN I PURCHASE SHOES FROM?

There are a number of different sources where you can purchase shoes from including (but not limited to) the following:

- 1) Second hand - we understand that budgets need to be respected & often children's feet really don't respect this with the rate that they grow. We have a second hand page on facebook where you can purchase or organise 2nd hand shoes and costumes. There is a link below for you to join: <https://www.facebook.com/groups/788405797880844>
- 2) Dance shops - There are a number of dance shops where you will be able to pick-up shoes (and other dancing goods) and they will generally be able to make recommendations based on your classes and the studio requirements.

A couple of local ones which we recommend are below



1/352A South St, O'Connor WA 6163

Owned by one of our dance mums
Lee

352 Marmion St, Melville WA 6156

<https://www.studioscene.com.au/>



- 3) Ask some friends who may have been ex-dancers or people that you may know as generally they will have a whole heap of shoes laying around ready to be passed down.

- 4) Sometimes some of the larger department stores (Kmart, Target etc) or online have some basic dancewear which is often suitable.

HOW SHOULD I HAVE MY HAIR?

Our hairstyle preference for all of our classes (exception of Hip Hop which can be neatly out) is to have the hair up, away and out of the face. The easiest way to do this is a basic bun (as pictured to the right). This also minimises the transmission of lice etc.

There are other up-styles which are appropriate and we are happy for these to be worn to class. Please though ensure the hair is neat & secure so that it doesn't come out in class.

Boys should have neat and tidy styled hair.



WHAT SHOULD I WEAR TO CLASS?

Again this is quite dependent on the class which you are attending however below are some basic guides. Again please make sure everything is **labelled**.

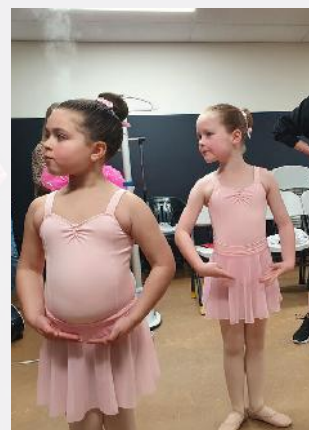


Toddlers/Beginners - They can really wear anything that they would like, as long as they can still move in it.

A lot of them wear a combination of leotards, tights, skirts, short sets, crops, wraps and so much more.

Ballet Class - We require pink/light coloured ballet tights and a leotard. A light ballet skirts may be worn but no t-shirts, loose fitting clothes, long/dark tights.

No crop top and bike shorts for ballet.



Every other class- There are so many options and as long as it's not very loose fitting (exception of Hip Hop where this is acceptable) any style of dancewear or activewear is going to be acceptable and appropriate.

For Hip Hop - any style of street wear or any of the above styles is also acceptable.

For boys - again anything they can move in (t-shirt, stretchable shorts/pants) are acceptable.

IMPORTANT DATES FOR 2023!

TERM 1 - Saturday the 4th February to Thursday the 6th of April (8 weeks)

Monday 6th March - Labour day Public Holiday (Studio Closed)

Friday 7th April to Friday 21st April - School Holidays (Studio Closed)

TERM 2 - Saturday 22nd April to Friday 30th June (10 weeks)

Tuesday 25th April - ANZAC Day Public Holiday (Studio Closed)

Sunday 4th June - Monday 5th June - BAL Tap exams (pending confirmation)

Monday 5th June - Western Australia Day (Studio Open)

Saturday 1st July- Sunday 16th July: School Holidays (Studio Closed & Mandurah Competitions) + 1 extra week post comps Closed

Monday 17th July-Friday 21st July - Studio closed (studio post comp holidays)

Saturday 1st July - Stage Rehearsal (Mandurah Comps -pending confirmation)

Monday 3rd July - Saturday 15th July: Mandurah Festival of Dance

TERM 3 - Saturday 22nd July - Friday 22nd September (8 weeks)

CSTD Jazz & Ballet exams late in this term (pending confirmation)

Saturday 23rd September - Friday 6th October: School Holidays (Studio Closed)

TERM 4 - Saturday 7th October - Friday 24th November

Sunday 19th November - All day stage rehearsal Mandurah

Friday 24th November - Sunday 26th November - VHSD Concert 2023 (days pending theatre confirmation)

JOIN OUR ONLINE FAMILY

We are excited to keep you updated throughout the year across our social media accounts (something that we will be working even harder on in 2023).

We also have a "private" online dance community for currently enrolled families where we upload all sorts of exciting things. Check it out via the link below:

<https://www.facebook.com/groups/VHSDonlinefamily/>

VHSD Online Dance Family

An online sharing hub for our dancers to express themselves, share content, connect with other students and teachers during our online class transition.

BAND APP

On the back of the success of our Band app in 2022, we will be reintroducing the app in 2023. It proved to be extremely helpful in aiding communication at home and sharing data.

The band app is a secure online portal whereby teachers can share videos, posts, information, files, music and more with the students. This allows them to practice at home, ask questions, and reach out if required and works as a great tool for developing all of our dancers.

Most of the classes will have their own "Band" within the app - details to join these will be sent out post-registration.

We have been working over the break to bring in new and exciting ways to integrate the app into the dance classes.

PRICE LIST

With the cost of living rising, we understand the financial strains that may be facing families. As such, we are keeping our fee's the same price for 2023 as they have been for the past 3 years.

[Click here to view our current price list.](#)

Just so you know, invoices are generally sent out a week or two after the start of the payment period. We ask that you either pay via Electronic Funds Transfer (online banking) or if you pay cash/cheque to do so only during our finance desk staffed hours. This is between 8.30 am-12.00 pm on a Saturday.

Any questions with accounts can be directed to our accounts person Lee-Ann via email: finance@valerieheston.com



2023 HERE
WE
COME

OUR VERY SIMPLE RULES AT VHSD

Respect

*Respect for all your fellow
dancers, respect for all your
dance family,
respect for all your teachers &
respect for yourself.*

Try your best

*Every class, every rehearsal,
every time you dance we want
you to try your best and give
your all. Treat every rehearsal
just like a concert.*

*Be Fun, Be Free &
Enjoy Your Love
for Dance*