



Autumn
Newsletter
2023

Welcome to the Autumn Term newsletter!

We hope you've had a wonderful summer holiday and managed to find some sunshine at some point. Welcome to all the new families joining Pat Steel this term; we hope you and your children have a long and happy association with our dance school.

We were sad to say goodbye to our wonderful leavers at the end of term picnic at BCA for our students leaving us to go to college or university. We will miss them all, especially when some of us have taught them from their very First Steps in Ballet classes through their development as dancers into young adults making their way out into the world. We wish them all the very best for the future and hope to see them all in Adult Ballet in three year's time!

Adult Ballet Classes

It is proven that adults who take regular exercise will remain healthier and fitter than those who don't! So what are you waiting for?! We have beginner and advanced adult ballet classes every Saturday morning at BCA, and a fabulous adult class for dancers with some previous ballet training on Tuesday mornings at our Beaconsfield venue in Holtspur. You will improve posture, balance, strength and flexibility, and be ready to watch Angela Rippon perform on Strictly with new respect!



Autumn Term Dates!

Mondays: Braywick Leisure Centre, Maidenhead Starts: Sep 11th No classes on Oct 23rd & 30th Ends: Dec 11th	Tuesdays: Holtspur Scout Hut, Beaconsfield Starts: Sep 12th No classes on Oct 24th & 31st Ends: Dec 12th	Wednesdays: Holtspur Scout Hut, Beaconsfield Starts: Sep 6th No classes on Oct 25th & Nov 1st Ends: Dec 6th	Thursdays: Braywick Leisure Centre, Maidenhead Starts: Sep 7th No classes on Oct 26th & Nov 2nd Ends: Dec 7th	Fridays: Holtspur Scout Hut, Beaconsfield Starts: Sep 8th No classes on Oct 27th & Nov 3rd Ends: Dec 8th	Saturdays: BCA , Burchetts Green, Maidenhead Starts: Sep 9th No classes on Oct 21st & 28th Ends: Dec 9th
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Autumn Term Exams

Children selected to take examinations with the Royal Academy of Dance (RAD), Imperial Society of Teachers of Dancing (ISTD) or National Association of Teachers of Dancing (NATD) will be informed by their teachers within the next few weeks. We ask that you support your child if they are selected by practising at home and attending as many classes as possible in the run up to the examination itself.

We try to put ISTD and NATD exams at weekends but the RAD exams are usually on a weekday and the children will need to come out of school. Most Head teachers recognise that the Ofqual accreditation which leads to UCAS points is well worth coming out for.

ISTD (Tap and Modern) exams have been rescheduled from July to either September 24th or October 15th. Exam fees should have been paid by the start of the Autumn term.

RAD Ballet exams will be scheduled between Nov 11th – December 3rd

NATD exams and medal tests will be scheduled for December 10th tbc.

Exam Results from Summer Term!

Wow! What can I say! We set a new school record in the summer term with 100% of our NATD exam candidates gaining a Distinction! 42 of our junior school pupils took Class Exam Ballet and Preliminary Ballet exams and all gained 80% or over. Congratulations to all the children and their teachers (Miss Candy, Miss Sarah, Miss Naomi & Miss Kim) for this outstanding achievement. What a fabulous start to these young pupils' ballet journey. Special mention to Tali Evans for scoring 94% with her Ballet solo, choreographed by Miss Kim.

RAD results were equally as pleasing and we were delighted that our leavers gained high marks in their Grades 6, 7 and 8. Congratulations to everyone who worked so hard, we are so proud of you all. Thank you to the parents too who made sure they practised at home and ferried them to extra classes to the run up to the exams. We really appreciate your support!

Summer show 2024!

The Wycombe Swan has been booked for our bi-annual summer show where we combine with our sister school, Bucks School of Dance to present a fantastic weekend of dance. Please keep the dates free:

Saturday July 6th and Sunday July 7th 2024

Rehearsals for the show will start in January 2024, but more information will be sent out separately this term. Syllabus classes for older students will continue to run where possible to keep technique perfected and exam work retained in the brain! Planning for the show has already begun, and we think you will love the theme this year! Marvellous Magical Musicals will be a hard act to follow but every year we seem to get even better! If you missed the last show, please follow the link below to buy your download. The younger children love joining in with the senior dances in front of the tv, and it will give you an idea of the high standard and professionalism of our shows.

[Buy Show Video!](#)

English Youth Ballet: Swan Lake

Miss Kim and I had the pleasure of watching 3 of our pupils (Amelia and Lucy in Grade 2 and Serena from Grade 5) perform in Swan Lake with the English Youth Ballet last term. These pupils had auditioned for a place and were rewarded with the opportunity to perform in this iconic ballet at the New Theatre, Oxford. They danced beautifully and we were so proud of all they had achieved. Well done girls – we can see how inspired you have been by the experience.

English Youth Ballet will be performing Sleeping Beauty at the Wycombe Swan in August 2024. Auditions are on March 5th 2024. If you wish to audition, please inform Miss Candy who will send you the application form.

ENGLISH YOUTH BALLETT

DANCE | PERFORMANCE | EXPERIENCE



**Oxford 2023
Swan Lake Cast**

Why is Uniform Important?

You may wonder why it is important to be wearing a uniform at class each week. Not only is a uniform an indicator of unity, but it also offers a variety of other benefits for both students and teachers in class.

1. **Teamwork.** Having a standard dress code encourages students to work as a team. More cohesiveness and a greater bond between students can be achieved when they look the same and all adhere to the dress code of the studio. There is a sense of belonging and no distractions looking at what others are wearing

2. **Practicality.** Wearing a uniform ensures dancers are dressed correctly to enable teachers to see the alignment of their bodies while dancing. Wearing the uniform also ensures their clothing is safe and practical for dancing, as well as putting them in the right mindset for dancing. Wearing loose clothes or items with heavy zippers can be unsafe and inhibit the ability to properly participate in class.

3. **Respect.** Wearing the uniform and having hair neatly tied up is a sign of respect. Being tidily presented, with clean, neat uniform and well fitting shoes, shows you are serious and you care!

All our uniform is stocked at Dancia International in Caversham and Crowthorne, as well as Dancers Boutique in Amersham. You can click through to our uniform shop via our website too. Second hand items are sold in the café at BCA on Saturday mornings. The stall is run by Aby Mitchell and her team of parent volunteers. We are currently recruiting new parents who may be able to give up a few hours once a month on a rota to assist on the stall so please get in touch if you'd like to help out.

What is PBT and why do we offer it?

Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening programme that has been designed to enhance students' technique by focussing on training the muscle memory required in each exercise in all forms of dance. PBT helps teachers around the world prepare their students to receive the strength they need to achieve their personal best.

With the use of an exercise ball, the students gain a great sense of posture and weight-placement whilst feeling each correct muscle group working throughout each exercise, which then stays with them when whilst performing in dance or their chosen field of sport.

PBT focuses on core strength, weight placement and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises to promote a long, healthy career.

Miss Kim is a fully qualified Professional Ballet Technique instructor and offers a class on Saturday mornings at BCA from 12.30 - 1.00pm. The class is specifically aimed at our students in Grade 4 ballet and above. Vocational students should consider adding this class as part of their strength training.



Staff News

Congratulations to Miss Kim on achieving a first in her BA (Hons) in Dance Education! We are so delighted with this outstanding result and we are all so proud of everything this promising young teacher has achieved and will accomplish in the future. It has been a pleasure to mentor Kim through her teaching qualification and I know she is a well-loved and valuable part of our teaching faculty already.

We welcome Miss Catherine to our Monday classes at Braywick Leisure Centre for the Autumn term to cover Miss Naomi's maternity leave. Miss Naomi will be popping in to visit us during the term with her gorgeous new baby, Anastasia Eve.

A Final Word

Thank you to all our dance school families for supporting us and your children through their dance journey. It can be difficult to chat at class time so please do always feel that you can e-mail me in the office if you wish to discuss anything regarding your child and their progression. Steph, our office manager is part time but will get back to you as soon as she can if you have a query regarding billing/invoicing.

Miss Candy: candy@patsteelschoolofdance.co.uk

Stephanie: admin@patsteelschoolofdance.co.uk

Have an enjoyable term ahead,

Best wishes,

Candy Cox

Principal: Pat Steel School of Dance

Life member, Royal Academy of Dance; Associate ISTD; Associate NATD; BA (Hons) Performing Arts, certified Pilates Instructor.



All enquiries to:

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Further information, including terms and conditions, can be found at:
patsteelschoolofdance.co.uk