

Make Sure you Check
out our fab new
Promo Video
on our
Website/Facebook and
Instagram!



NEWSLETTER

AUTUMN TERM 2019



Autumn Term Dates 2019

Buntingford

Mon 16th Sept – Sat 7th Dec

Half-Term Mon 28th Oct – Sat 2nd Nov (incl.)**

**NB – Fri 6th Dec - Christina's classes at URC Hall
Lily's classes at Benson Hall

Stansted Mountfitchet & Birchanger

Mon 9th Sept – Tuesday 26th Nov

Half-term Mon 21st Oct – Fri 1st Nov (incl.)**

**NB – St John's Hall is not available on Sat 16th Nov so the
replacement day is Sat 2nd November

Dear Parents and Pupils,

It's good to see everyone back again this term and I would like to extend a warm welcome to all the new pupils who have joined us – I hope you are enjoying your classes. A particularly warm welcome to the pupils of Mitchell School of Dance, our new affiliate school in Stansted Mountfitchet and Birchanger. Wendy Mitchell retired in the summer after 37 years as an ISTD dance teacher, and I was privileged that she approached me to take over from her. We welcome all Wendy's pupils and look forward to getting to know you all.

We had a very busy Summer with exams taken before the break and the ever popular Junior and Senior Summer courses taking place at Edwinstree School - See further on for some lovely photos taken on the Junior & Senior courses. CONGRATULATIONS to all those who took exams, we achieved a 100% pass rate again! We are looking forward to another busy term culminating in our trip to see the Nutcracker at the London Coliseum on 14th December.

Don't forget, if anyone would like a trial class in any other genre, they may have one with no obligation! Just let us know what you would like to trial, and if you have not enjoyed it there is nothing to pay. And for Mums and Dads don't forget our Adult Tap class at Freman College on Tuesdays at 8.15-9pm.

Just get in touch with us at buntingforddance@btinternet.com to trial a class or with any questions you may have.

Kind regards,

Philippa McMeechan, Principal

Fees We need to make you aware of an increase to the fees effective of the 2nd half of the Autumn Term 2019 which is due to a rise in operational and administrative costs. We have endeavoured to hold off with this price rise until absolutely unavoidable. If you wish to spread payments then invoices can be paid in 2 instalments, (1 payment each month). Please see the attached table with the full timetable together with the prices as of the 2nd half of term. Please do get in touch if you have any concerns re. payments, as we will always endeavour to be flexible and accommodating. We hope we can count on your continued support.

DOES YOUR CHILD ENJOY CHOREOGRAPHY?

Instead of our in-house choreography competition this year, we will be encouraging all pupils to enter the...

ISTD CECCHETTI CHOREOGRAPHIC COMPETITION – SUNDAY 8TH MARCH 2020

CECIL SHARP HOUSE, LONDON, NW1 7AY (ONE OF THE VENUES USED BY THE 'STRICTLY' STARS FOR REHEARSALS!)

The Cecchetti Children's Choreographic Competition is a very popular, long established event which gives young dancers the opportunity to develop their skills in the world of choreography. Could we have the next Matthew Bourne amongst us!?

The Competition has 3 sections; Junior – aged 7-11 yrs / Middle aged 11-14 yrs / Senior aged 14-18 yrs and each section is sub-divided into solos, duets and groups.

We have had some fantastic entries for our in-house competitions in previous years and so I would really encourage pupils to enter on this 'larger stage'. For more information, please contact us at buntingforddance@btinternet.com



A Warm Welcome to our new teacher Miss Rachel, who is teaching for us in Stansted

Rachel began her dance training in Hitchin, taking weekly classes in Cecchetti ballet, tap and modern. She also danced with the Cecchetti associates and scholars in London. Rachel continued her training KS Dance Ltd, a full time vocational dance school in Cheshire. She gained a National Diploma in Professional dance and also gained her DDI and DDE ballet teaching qualifications in the Cecchetti method. After graduating Rachel began her teaching career. She has taught ISTD Ballet at Dame Bradbury's Private School in Essex and currently teaches for Tippy Toes Ballet Ltd and Hot House Dance.



flexibility is the range of motion in a joint or group of joints or the ability to move joints effectively through a complete range of motion. Ballet, Modern, Jazz and Contemporary dance rely on flexibility, coupled with the strength to hold an optimum range of movement, for example 'turn-out' whilst in motion. As pupils move up the grades the range of movement required increases. Our **Stretch and Strengthen Class** on a **Tuesday** evening at **Freman College** teaches pupils exercises which can be practised at home during the week.

PUPIL NEWS

CONGRATULATIONS TO:

- Jack Gale who has recently completed a run in Adrian Mole – West End
- Caitie March – who has won a place as a Mid-Associate at 'Tap Attack'
- Leanne Wong – who has won a place as a Senior Associate at Central School of Ballet
- Chloe Hall & Caitie March – who following successful auditions, will be performing in 'The Snow Queen' at Hertford Theatre at Christmas – I hope you may be able to go and support them!
- Chloe Hall, Rebecca Jones & Leanne Wong – who have won highly coveted places as Cecchetti Scholars
- Amelia Gruselle – who has been awarded 'The Susan Handy Scholarship' – Cecchetti Associates, and will be joined at Associates by Rebecca Jones & Chloe Hall
- Jasper Eaglesfield who has won 'Sound World's' annual nationwide competition for young composers



The NUTCRACKER – London Coliseum – Saturday 14th December @2.30pm











Looking forward to our end of term coach trip to see **ENGLISH NATIONAL BALLET!** There may be a couple of spare tickets if anyone would like to join us. Please email us for more info. buntingforddance@btinternet.com

facebook



WE POST A LOT OF NEWS AND INFORMATION ON FACEBOOK AND INSTAGRAM. PLEASE VISIT OUR FACEBOOK PAGES 'BUNTINGFORD SCHOOL OF DANCE' & 'MITCHELL SCHOOL OF DANCE' AND OUR INSTAGRAM PAGE @BUNTINGFORDSCHOOLDANCE

Meet The BSD & MSD Team!

| | | | | | |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  | Miss Philippa, Principal BSD & MSD. Fellow and Examiner ISTD, AIDTA, PBT Cert. Trained at Central School of Ballet |  | Miss Christina, ISTD DDE Ballet, Modern, Tap & National. Principal of 'Dance Dedication' School, Sawston |  | Miss Jemma, ISTD DDE Tap, BA Hons Dance & Choreography, QTS Teacher of GCSE & A Level Dance |
|  | Miss Lily, Level 5 Higher National Diploma in Performing Arts. Teacher of UAL & HND Performing Arts Working towards completion of ISTD DDE |  | Miss Natasha, BA Hons Physical Education, QTS. Teacher of GCSE & A Level P.E. Working towards completion of ISTD DDE |  | Miss Rachel, ISTD DDE, Level 6 Trinity National Diploma in Professional Dance Trained at KS Dance |
|  | Zoe Eaglesfield, School Administrator BSc Management & Systems Science |  | Miss Eloise, ISTD DDI Modern & Tap. Level 6 Trinity National Diploma in Professional Musical Theatre. Trained at Stella Mann College | <u>Guest Teachers:</u> Gillian Toogood Demetra Moore <u>Assistant Teacher:</u> Josie McMeechan | <u>Class Assistants:</u> Chloe Hatton Chloe Hall Oral Swan <u>Cover Teacher:</u> Coralie Thomas |

Uniform - Buntingford, Stansted Mountfitchet & Birchanger

For new pupils and those joining us at Stansted Mountfitchet and Birchanger, **PLEASE FIND ATTACHED UNIFORM DETAILS.** If your child needs new uniform, Lynn Briffett runs a supply service most Saturday mornings at Freman College, Buntingford (We post on the BSD Facebook page if there are any Saturdays when Lynn cannot be there so please check before you set out). If however you cannot get to Buntingford on a Saturday morning, please email your requirements to lynn.briffett@btinternet.com and we will advise on how to make payment and also delivery options. Please check the size of your existing uniform as a guide. If your child has started classes recently we suggest waiting a few weeks before purchasing.

Uniform Reminders!

- All pupils should arrive at classes looking neat and tidy. All girls in Primary ballet upwards should have their hair in a neat bun, or if the hair is too short, a fabric Alice band to match the leotard. Please see the following link if you are unsure how to do a ballet bun <https://www.youtube.com/watch?v=3yG7Hcozrf8>
- **Street Classes** on a **Friday**, and **'Commercial Foundations'** on a **Wednesday** should be wearing a black Buntingford School of Dance T Shirt (via Lynn)
- For Tap classes plain black ankle socks should be worn
- For Ballet in Grades 1 and upwards a waistband which matches the leotard should be worn
- For classes which stipulate black leggings – e.g. Modern and Tap, these should be **PLAIN** black with no logos or writing or other colours



**SNAPSHOTS
from our
2019 Summer
Courses
Juniors & Seniors**

With challenging &
inspiring teaching from
Tash Donghi, Lily Bown,
Demi Moore &
Gillian Toogood!



PLEASE DON'T FORGET

- Your child is not our responsibility outside of their dance class. If they are dropped off to wait for their class then they must wait in the designated waiting/changing areas. If they are not in these areas we may not know they are in the building in case of an emergency evacuation.
- We must NOT use the front door to Freman College. PLEASE ensure you enter AND leave the college via the pathway which leads up to the right of the swimming pool, and follow it round to the right, where you will arrive at the gym door and the Pavilion a little further on.
- If you have Modern/Ballet or Stretch & Strengthen classes in the Pavilion – shoes MUST be worn. We suggest these are black / old ballet shoes if possible
- Our invoices and other emails usually come from our admin system – if you find you are not getting invoices or other emails PLEASE check your 'junk' email – thank you.
- Please make sure we have up to date contact details for you/your child.
- If your child is enrolled with us, we MUST receive written confirmation if your child wishes to stop their classes, otherwise fees will be invoiced and must be paid (see full terms and conditions on the website). Please also ensure that you keep a copy of this in case it is needed – thank you.

Thank you very much!

CLASS TIMETABLE and FEES Per Half Term (as of October 2019)

Any Changes to class times appear in **red**

| Buntingford School of Dance Buntingford | | Mitchell School of Dance Stansted Mountfitchet & Birchanger | |
|---------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Saturday @ Freman College - THE GYM | | Saturday @ St John's Church Hall | |
| Grade 5 Ballet | 09.00-09.40am | Modern/Jazz 7 + Yrs | 09.00-09.40am |
| Grade 4 Ballet | 09.40-10.20am | Introduction to Tap 7 + Yrs | 9.40-10.20am |
| Grade 3 Ballet | 10.25-11.05am | Mondays @ St John's Church Hall | |
| Grade 2 Ballet | 11.05-11.45am | Grade 2 Ballet | 4.00-4.40pm |
| Grade 1 Ballet | 11.45-12.25pm | Grade 3 Ballet | 4.40-5.30pm |
| Primary Ballet | 12.25-12.55pm | Grade 4 Ballet | 5.30-6.20pm |
| Tap (4 – 7 years) new - TBC subject to trial and numbers | 1.00-1.30pm | Grade 5 Ballet | 6.30-7.20pm |
| Saturday @ Freman College - THE PAVILION | | Grade 6 Ballet | 7.20-8.20pm |
| Grade 2 Tap | 09.00-09.40am | Pointe | 8.20-8.40pm |
| Grade 1 Modern | 09.40-10.10am | Tuesdays @ St Mary's Church Hall | |
| Grade 5 Tap | 10.20-11.00am | Pre-Primary Ballet | 3.55-4.25pm |
| Grade 4 Tap | 11.00-11.40am | Primary Ballet | 4.30-5.00pm |
| Advanced 1 Tap | 11.40-12.40pm | Fees – Half Termly 20 mins = £22.25 30 mins = £34.00 40 mins = £38.00 45 mins = £40.75 50 mins = £42.00 60 mins = £46.00 75mins = £57.50 90 mins = £69.00 120 mins = £92.00 Stretch & Srenghthen = £27.00 *Adv. Commercial = £39.00 Group Exam Coaching = £6.50/half hour Private Lessons = £25.00/half hour Pointe Repertoire = £69/per half term NB; No discounts for Exam Coaching, Ad hoc private lessons or Pointe Repertoire **Jazz Technique with GD 4, 5 or 6 Modern on Fridays is priced as a 60 min class <div>PRICES INCLUDE VAT</div> | |
| Saturday @ United Reformed Church Hall | | | |
| 'Baby Boppers' | 09.00-09.30am | Discounts – Per Family 3 classes per week - 7% discount. 5 classes per week - 10% discount 8 classes per week - 13% discount Discounts apply to regular half termly classes only and will be shown on the invoice and will apply to new classes the half term following the free trial. | |
| Baby Ballet | 09.35-10.05am | | |
| Pre-Primary Ballet | 10.10-10.40am | <div> BSD & MSD Aspire! <i>If your child wishes to start an 'Aspire! Class in Ballet, Tap or Modern please let us know. For more information look on the website</i> </div> | |
| Primary Ballet | 10.45-11.15am | | |
| Monday @ United Reformed Church Hall | | <div> *Adult Tap - Tuesday 8.15 – 9.00pm @ Freman College - Pay as you go - £6/class Ladies and Gentlemen welcome regardless of age, experience, ability. </div> | |
| Advanced 1/Non Syllabus Ballet | 4.15-5.30pm | | |
| Intermediate Ballet | 5.30-6.30pm | | |
| Tuesday @ Freman College - THE GYM | | | |
| Ballet Grade 4 | 4.15–4.45pm | | |
| Grade 3 Ballet | 4.45 –5.15pm | | |
| Grade 6 Ballet | 5.15–6.15pm | | |
| Intermediate Ballet | 6.15–7.15pm | | |
| Pointe Work | 7.15–7.45pm | | |
| Grade 3 Modern | 7.45–8.25pm | | |
| Advanced 1 Modern | 8.25- 9.25pm | | |
| Tuesday @ Freman College - THE PAVILION | | | |
| Primary Tap | 4.15–4.45pm | | |
| Grade 1 Tap | 4.45–5.25pm | | |
| Grade 2 Modern | 5.25–6.05pm | | |
| Grade 3 Tap | 6.05–6.45pm | | |
| Stretch & Strengthen | 7.45–8.15pm | | |
| Adult Tap* | 8.15-9.00pm | | |
| Wednesday @ United Reformed Church Hall | | | |
| Commercial Foundations | 4.00-4.45pm | | |
| Commercial Inters | 4.45-5.30pm | | |
| Intermediate Modern | 5.30-6.30pm | | |
| Commercial Advanced* (No class 1 st Weds of Month) | 7.15-8.15pm | | |
| Thursday @ United Reformed Church Hall | | | |
| Advanced 1 Ballet | 4.00-6.00pm | | |
| Friday @ Freman College - THE GYM | | | |
| Street Juniors | 5.05-5.45pm | | |
| Grade 5 Ballet | 5.45-6.25pm | | |
| Grade 4 Modern | 6.25-7.25pm | | |
| (Grade 4/5/6 Modern overlap – Jazz Technique)** | 7.05-7.25pm | | |
| Grade 5 Modern | 7.05-8.05pm | | |
| Grade 6 Modern (also attend 7.05pm) | 8.05-8.45pm | | |
| Friday @ Freman College – THE PAVILION | | | |
| Intermediate Tap | 4.15-5.15pm | | |
| Musical Theatre | 5.50-6.35pm | | |
| Friday @ United Reformed Church Hall | | | |

| | |
|-------------------|---------------|
| Pointe Repertoire | 6.00 – 7.30pm |
|-------------------|---------------|

Uniform List

| Who | Dance Genre | Grade/Classes | Top – ALL leotards Cotton Lycra | Bottom – ALL shorts, leggings, Jazz Trousers Cotton Lycra | Footwear | Hair |
|-------|--------------------|---------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------|----------------|
| GIRLS | BALLET | Baby, Pre-Primary, Primary | Exam Regulation Plum Leotard | Plum Pull on Skirt | Ballet Socks Pink Leather Ballet Shoes with elastic | Bun |
| GIRLS | BALLET | 1, 2, 3, 4 | Exam Regulation Plum Leotard | Pink Ballet Socks G1-3 Tights G4 | Pink Leather Ballet Shoes with elastic | Bun |
| GIRLS | BALLET | 5/6/Vocational | Black Cameo Style Leotard - available only from us | Pink Ballet Tights | Pink Ballet Shoes with elastic | Bun |
| GIRLS | MODERN | Primary, 1, 2, 3 | Leotard as worn for Ballet | Black Footless Dance Tights | Bare feet (For classes in Pavilion – old or black ballet shoes or jazz shoes) | Bun/Pony Tail |
| GIRLS | MODERN | 4, 5, 6, Vocational | For Class- Leotard as for Ballet/Unitard for exams– must order from us | For Class- Black Leggings | Bare Feet | Bun/Pony Tail |
| GIRLS | TAP | Primary, 1 | Leotard as worn in Ballet | Black Footless Dance Tights | Black Socks Black Tap Shoes (heel and toe taps) | Bun |
| GIRLS | TAP | 2, 3, 4, 5, 6, Vocational | Leotard as worn in Ballet | Black Cotton Lycra Jazz Trousers | Black Socks Black Tap Shoes (heel and toe taps – teletone taps advised) | Bun |
| BOYS | BALLET | Baby, Pre-Primary, Primary, 1, 2, 3 | White Capped Sleeve Leotard or White Fitted T-Shirt | Black Fitted Shorts ('cycle' or dance shorts) | White Socks Black Leather Ballet Shoes white Elastics | Tidy off face |
| BOYS | BALLET | 4, 5, 6, Vocational | White Capped Sleeve Leotard | Black Dance Leggings | White Socks Black Ballet Shoes white Elastics | Tidy off face |
| BOYS | MODERN | Primary, 1, 2, 3 | White Capped Sleeve Leotard or White Fitted T-Shirt | Black Fitted Shorts ('cycle' or dance shorts) | Bare feet | Tidy off face |
| BOYS | MODERN | 4, 5, 6, Vocational | White Capped Sleeve Leotard | Black Dance Leggings Knee Pads | Bare feet | Tidy off face |
| BOYS | TAP | Primary, 1 | White Capped Sleeve Leotard or White Fitted T-Shirt | Black Fitted Shorts ('cycle' or dance shorts) | Black Socks Black Tap Shoes (heel and toe taps) | Tidy off face |
| BOYS | TAP | 2, 3, 4, 5, 6, Vocational | White Capped Sleeve Leotard | Black Jazz Trousers | Black Socks Black Tap Shoes (heel and toe taps – teletone taps advised) | Tidy off face |
| ALL | MUSICAL THEATRE | All classes | Buntingford School of Dance T-Shirt | Dark tracksuit Trousers, leggings or shorts | Trainers, Plimsols, Jazz shoes or Jazz Trainers | Tidy/Tied back |
| ALL | STREET/ COMMERCIAL | All Street & 'Commercial Foundations' | Buntingford School of Dance T-Shirt | Dark tracksuit Trousers, leggings or shorts | Trainers, Plimsols, Jazz shoes or Jazz Trainers | Tidy/Tied back |

NO LOGOS/STRIPES/PATTERNS – on any item of Ballet, Tap or Modern uniform unless Buntingford School of Dance Merchandise.

BUNS – Buns should be flat ballet buns with hair net and bun pins (DO NOT USE BUN DONUTS). Grips should be the same colour as hair.

GIRLS SHORT HAIR – Girls with short hair that can't be tied back should wear a wide hairband to match leotard colour.

UNIFORM SHOP – Most items of uniform and all merchandise can be purchased from our Uniform Shop on a Saturday Morning at Freman College 9.30 – 12.30am. Details of all items we supply are available to download from the website and contact details for Lynn who runs the shop.

SECOND HAND ITEMS – We do have second hand items for sale.

MERCHANDISE – Merchandise is available to order from our uniform shop, there are samples to try for size, the price list and order form are available to download from the website.