

Sallie B. Howard School for the Arts

Dance Department



**2nd -8th Grade Dance Program
Parent/Student Handbook 2022-2023**



@sbhdance

Dress Code

Ballet:

- Color Specific Leotard (Color is specific to each grade level and will be purchased through the dance department)
- Pink Dance Tights
- Pink Ballet Shoes
- Bows on ballet shoes need to be tied and tucked underneath

Jazz/Acro:

- Color Specific Leotard (Color is specific to each grade level and will be purchased through the dance department)
- Dance shorts or leggings
- Tan Jazz shoes (jazz only)

HipHop:

- Sneakers
- Sweatpants, shorts, tank tops, tshirts, etc.

All Genres:

- Sports bras may be worn under leotards, no regular bras can show. Sports bras must be white, gray, or black.
- Hair must be pulled up and off of the face and neck. No bangs, curls, tendrils can be framing the face. No hanging pony tails. Hair must be pulled completely up. Please help younger students practice this at home, so they can do it independently.
- No underwear should show under tights or leotards

Fun Fridays!

On Fridays students can wear any color leotard, regardless of the class they have!

Dancers must order the leotards through the school for their technique classes. We are requiring all students to purchase at least 2 class leotards, but you are welcome to buy as many as you would like. Dance shoes, tights, and shorts can be ordered through the school as well. **Money and Order forms are due Wednesday August 31, 2022.** They must wear any clothes they can move in until that date or until a leotard and tights/leggings have been bought. After that date, if the student is not dressed correctly in proper colored leotards, tights, ballet and jazz shoes, they must sit out until they are in compliance with the dress code. **Each day not dressed in uniform counts as a 50% for their participation grade.**

Uniform Expectations

- Please label your child's belongings. Their initials should be in all of their school clothing, dance clothing, and shoes. Students often misplace, forget, or accidentally exchange clothing, so initials help us sort things out.
- Uniform must be washed regularly! Leotards and tights cannot be thrown into your back pack and worn again the next day without being washed. This is very unhygienic.
- Teachers are not responsible for your child's belongings. Please do not allow them to bring anything valuable to class. This includes jewelry, phones, electronics, money, etc.
- Students are not permitted to share any parts of their uniform. This includes leotards, tights, shorts, shoes, etc. Not only is this not hygienic, it is unfair. The children are expected to be responsible for bringing their required materials every day.

Solos and Awards

Consideration for Solos and Awards are based on the following criteria:

- Student has consistently displayed a positive attitude during their training at SBH Dance
- Student has consistently displayed their best effort during their training at SBH Dance
- Student has consistently accepted and immediately implemented corrections when given during their training at SBH Dance.
- Student has been consistent in submitting their written work and has maintained a passing average during their training at SBH Dance
- Student has displayed the technique and performance quality necessary to compete in dance competitions.

Grading

Participation (60%)

Participation grades are given daily. Students receive a score out of 100 each day. This score is based on all elements of class including being prepared, warming up, class discussion, group work, class work, and dismissal.

A 100 will be given for

- dressing in proper dance clothes
- warming up independently (warm ups prepare the body, so no tumbling, turning, or jumping is permitted)
- being ready to begin immediately when the class formally begins
- raising hands to ask and answer questions throughout the lesson
- showing engagement of muscles in technical skills
- making progress on technique, strength, and flexibility
- being receptive to and making immediate correction when given independently or to the group

-showing a respectful, positive attitude and a desire to learn

Teachers will score each student each day according to the following rubric:

Being present	50
Being dressed appropriately	5
Making progress in Technique/ muscle engagement	20
Asking and answering questions	5
Application of correction and body awareness	15
Memorization of combinations	5

Injury/Illness Guidelines:

If a student is unable to participate due to illness or injury, they need to bring a doctor's note or their parents can send it to the instructors through remind. Students who have an injury should bring a doctor's note that specifies their injury and how long they need to sit out. Students cannot sit out for 3 or more consecutive days without a doctor's note.

Attendance and Participation Policy:

Students receive a 50% for any unexcused absence. Excused absences will be approved with proper documentation. Students who are absent are responsible for making up any missed material. It is the students' responsibility to ask for any homework or assignments given while absent. Students will be required to turn in any previous homework upon their return to class. Students will also be required to take all announced tests or quizzes upon their return.

Homework/Quizzes (20%)

-Homework is assigned on Mondays and is due on Fridays. Students can expect to have one assignment a week, unless otherwise noted. Homework is graded for accuracy, proper spelling, grammar, and mechanics. A rubric will be

distributed with the first assignment. No late work is accepted for any reason, as students have a week to turn in assignments.

-Vocabulary quizzes will be given once a quarter. Students are expected to study their vocabulary lists to ensure success on their quizzes. They must be able to spell, define, and show each word.

Technique/Performance (20%)

A technique score is given each quarter based on skill. We evaluate their technical skill based on flexibility, alignment, turn-out, arm placement, muscle engagement, strength, and other factors. Technique quizzes/exams are given in each genre approximately once per quarter and test skills or exercises the student should have mastered that quarter. Performance scores are given for all public performance. In-class performances can also be included in this category.

Competitions and Conventions

Competitions

- Dances are selected to go to competition(s) by the choreographer. Dances are chosen based on their likelihood of success. To be chosen, all dancers in the piece must show strong technique for the age group, strong performance quality (meaning facial expression and energy in the body), understanding of space and formations, great sense of time and ability to stay together, and a pleasant rehearsal experience with good attitudes, quick application of corrections, and consistent memory.
- If a dance is chosen to compete, all dancers must attend. If a dancer cannot attend for any reason, the parent must communicate the conflict immediately. One dancer not attending, may mean the whole group cannot go. If a dancer agrees to attend, but then does not show up on the day of the event or is late and misses the performance, that dancer cannot compete the following year. This is because missing one performer can ruin the experience for the rest of the team.

Conventions

- Conventions are an opportunity for dancers to participate in a series of master classes taught by professionals in the industry. They are sometimes one day events, and sometimes full weekend events. Dancers are chosen for these opportunities based on their overall technique, confidence, and work ethic in daily class. Conventions are not available to beginners.
- Conventions are very expensive and the school splits the cost with the parent. Because the school pays half, or in some cases much more than half, if a student does not attend after confirming they would be there, the parent would need to pay the school back for the full amount.

Rules

1. No eating or drinking (other than water) in the studio.
2. No snide, sarcastic, or hurtful remarks, looks, comments, or sounds toward others.
3. No loud, excessive, talking during instruction or warm-up.
4. No electronics in class.
5. No recording of dancers or instructors during class, auditions, or performance without direct consent of the dance teachers.
6. No plagiarism or forgery. Students will receive a “0” for any work that is directly copied from the internet, text, or a friend. If caught copying from another student, both students (the one who copied, and the one who allowed it) will receive a zero for that assignment.
7. At the request of the custodians, students must not touch the mirrors.

Expectation: We are implementing a strategy for class participation called SLANT. Slant is an acronym for Sit up straight, Listen, Ask and Answer questions, Nod, and Track the speaker. This is to help students visibly show they’re paying attention and actively participating and contributing to the class. It also allows us to check for comprehension and understanding of the lesson objectives.

Consequences for broken rules

1. Verbal redirection

2. Instruction to sit out for a period of time or for the duration of the class period
3. Phone call home

Immediate Discipline Referrals (write-ups)

1. Profanity
2. Fighting
3. Bullying
4. Arguing with the teacher
5. Suggestive/sexual language or behaviors

SBH Dance Department Fees

***Please note that due to inconsistent payments we will no longer be able to offer installments as an option. All fees will need to be paid in full by the deadline.*



Parent/Guardian Initials

Classwear (Payment Deadline – Wed, August 31)

- Leotard - \$15
- Dance Shorts - \$15
- Ballet Tights - \$7
- Ballet Shoes - \$15
- Jazz Shoes - \$15
- Tap Shoes - \$20 (New for 22-23 / Middle & High School ONLY)

Nutcracker (Payment Deadline – Friday, October 21)

- Production Fee - \$40 (includes souvenir sweatshirt)

Dance Festival (Payment Deadline – Friday, January 6)

- Opening Act Leotard - \$20
- Production Fee - \$50 (includes souvenir t-shirt)

Convention (Convention pertains **only** to those invited to participate. If invited, the opportunity can be declined **prior** to registration.)

- Class Registration Fee - \$50
- Solo Entry Fee - \$50 (Tremaine Convention Only)

➤ **Titans of Dance** (select dancers from grades 3-11)

- *Sunday, November 20 – Durham, NC*
- **Payment Deadline – Monday, September 19**

➤ **Tremaine** (8th – 11th grade soloists)

- *Saturday, April 1 – Sunday, April 2 –Greensboro, NC*
- **Payment Deadline – Friday, February 3**

Competition (*If your dance is selected for one or both competitions, each dancer in the piece is required to attend. Please note that It is not optional.*)

- Registration Fee - \$50 per competition
- We will attend one local competition in Rocky Mount as well as one in Raleigh or beyond. **The specific dates are TBA.**

Dance Festival Souvenir Book Fundraiser

(Ad Sales Deadline – Friday, Dec. 2)

Each Dance Festival performer is required to *raise* (you do not have to purchase with your own funds) at least \$200 by selling ads to friends, family, businesses or community organizations. The program books are sold to the audience during Dance Festival. This is not only a fundraiser but a way for loved ones and supporters to “shout out” their dancer. The top three students in sales are recognized inside the book, while the 1st place winner has their photo featured on the back cover.

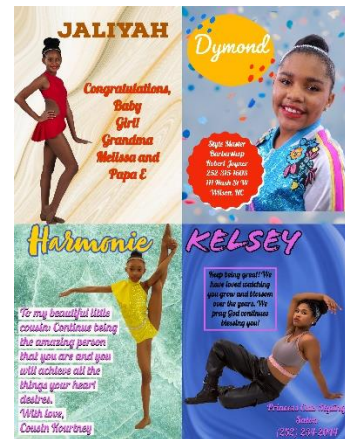
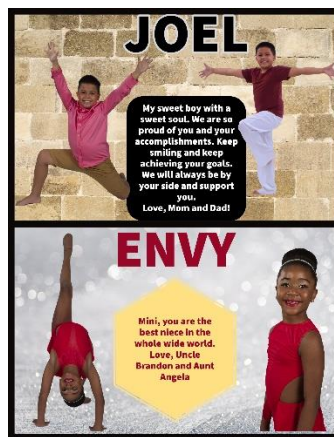


Parent/Guardian Initials

Full Page Ad - \$100

½ Page Ad - \$50

¼ Page Ad- \$25



I have read and understand the rules and expectations of the handbook for the Sallie B Howard Dance Department 2022-2023 school year. I understand that failure to adhere to all of the policies and expectations may result in my child's removal from the SBH dance program. I also understand that readmission into the dance program is not automatic and is decided solely by the dance instructors at the end of each school year.

Student's Name: _____

Parent's Name: _____

Parent's Signature: _____

Date: _____

Best way to contact parent (phone call, text, email):

Phone Number: _____

Email: _____

Anything you want us to know about your child :

Parental Contract

1. I will provide all components of the dance uniform by August 21, 2022. I will make sure that my child is prepared with a clean and proper fitting uniform each day. (This requires more than one leotard and pair of tights.) I will replace these components as necessary throughout the year.
2. I will review and help my child make corrections, if necessary, on their homework each week. I will make sure that their homework is turned in neatly, and at standard (refer to homework section of handbook) by each due date.
3. I will hold my child accountable for practicing at home, using proper technique and skills learned in dance class. This includes practicing all styles, not just their favorites.
4. I will not make comparisons between my child and other dancers. I will support my child in their dance progress, allowing them the necessary time to grow stronger in their technique, performance, and flexibility.
5. I will help my child to process any feelings of disappointment and to remain motivated and driven concerning casting, competition results, and any opportunities associated with dance.
6. I trust the dance instructors' professional decisions in regards to my child's dance training.
7. I will have open and ongoing communication with the dance teachers.

Parent Signature: _____

Date: _____

Policies for Positive Student Conduct

Parent's
Initial:

Student's
Initial:

1. Corrections MUST be received positively and applied immediately.
2. When receiving feedback or correction, whether it is individual or classwide, students are expected to make eye contact, nod, and acknowledge that they are listening and receiving the feedback.
3. Students are expected to be supportive, encouraging, and inclusive of all classmates.
4. If another student receives praise, awards, opportunities, etc, students must be supportive and refrain from pouting, making rude comments, rolling eyes, mumbling, sucking teeth, or any other form of disrespect or negativity.
5. No negative comments about any SBH dancer(k-8) will be made including verbal, text, or written communication.
6. No negative comments about the teachers themselves, the decisions made, or the choreographic choices of the instructors will be tolerated.
7. Students are expected make a daily effort to show interest, enthusiasm, and personality in class.
8. Students are expected to ask questions to receive clarity about technique, choreography, and/or corrections.
9. Students are expected to participate in class discussion, either voluntarily or when called upon.
10. Students must report ANY AND ALL instances of negativity, intimidation, disrespect, or bullying immediately. Students may report these instances in any way they feel comfortable including speaking with teachers privately, writing a note, or having their parent call the school. Every issue will be handled appropriately and the student's identity will be kept confidential.

I have read and understand the new policies being enforced in the SBH Dance Department. I also understand that if my child is a source of negativity, intimidation, or bullying, he/she will face disciplinary action which could lead to suspension or expulsion from the SBH Dance Department. I understand that these expectations must be met in order to be selected back into the dance department next school year.

Parent Signature: _____

Date: _____

I pledge to be a positive, encouraging member of my dance class. I will take and apply correction. I will support my classmates and teachers so that my classmates and I can reach our full potential. I will ask and answer questions and be an active, engaged participant in class daily. I will not allow myself to follow negativity because I will be a leader and think for myself.

Student Signature: _____

Date: _____