

INFORMATION PACK 2021



WELCOME

POSE opened in 2005 by Fiona Jurd-Smith after a successful career herself as a professional dancer, actor and choreographer. Fiona's dream was to open a school that had something to offer to everybody – for the person who wants to come once a week for fun and fitness to the dedicated performer who wants to learn a variety of performance styles and be on our competition teams.

AT POSE we take our roles as mentors and teachers in your child's life very seriously. It is our objective to inspire a passion for the art of dance in every child who passes through our doors. In the process, we strive to set the right example and help your child (and you) create memories that will last a lifetime. We pride ourselves on being more than just a dance school - we think of ourselves as a dance family.

OUR MOTTO

POSE Performing Arts welcomes every student to experience the joy of music, dance and performance whilst exercising, gaining confidence and making friends.

CLASSES

POSE offers classes in RAD Ballet, Jazz, Hip Hop, Contemporary, Tap, Acrobatics, Musical Theatre, and aim to bring Singing and Drama back in 2021.

For pre-school aged children (ages 2 to 5) we offer **READY SET DANCE** and **READY SET BALLET**. Students who have started Primary School (or even graduated high school) can do classes in the **RECREATIONAL STREAM** or they can choose to audition to join our elite **PERFORMANCE STREAM**.

Which Stream is right for your child?

RECREATIONAL STREAM

Recreational Stream offer classes in Jazz, Hip Hop, Musical Theatre, Contemporary, Tap, Acrobatics, Barre Pilates and Drama. There are no levels in recreational classes, all students can take place, regardless of experience. Age groups are set as per their year at school:

Lil Posers - Kindergarten and Year 1

Junior - Year 2 and Year 3

Intermediate - Year 4, Yr 5 and Yr 6

Senior - High School

OG - Adults with previous dance experience.

Through dance and performing arts we build confidence, develop skills, stay fit and have fun! Recreational students have a mid year showcase and also perform in our big end of year concerts:

Pre-School, Lil Posers and Juniors in our JUNIOR Show, and Intermediate and above in our SENIOR show.



RAD Ballet

Ballet classes are open to both our Recreational and Performance Stream students. To sit exams, students must attend TWO classes a week from Grade 1 onward. Exams are held at the studios in October each year.

It is our aim to find the right classes for your child that they will LOVE, with a commitment level that suits your needs. Please don't hesitate to call the office 82086007 or email admin@posepa.com.au so we can help guide you if you need advice.

PERFORMANCE STREAM

The Performance Stream is a program designed for students who LOVE dance, show promise and want to take their dance to the next level. We hold annual trials for our performance teams and also invite students from our recreational stream that we think would benefit from the training this program provides. Performance Team students take classes in RAD Ballet, Jazz, Lyrical, Contemporary, Hip Hop, Musical Theatre, Acrobatics and Turns and Technique.

They compete in 4 eisteddfods throughout the year, at the Royal Easter Show, Local Fetes, in our mid year, junior and senior concerts and in the past have travelled to QLD for National Finals, and twice to America dancing at Disneyland, Disney World, Universal Studios and on cruise ships. Those interested in being a part of the award winning POSE Performance Stream should email our studio director Fiona at fiona@posepa.com.au or call her on 0417449248 to talk through the commitment and expectations.

OUR PHILOSOPHY

POSE is committed to providing high-quality dance classes to enhance the overall development of your child. We provide a safe and child-centred environment to encourage our students to explore dance with qualified, nurturing teachers.

We believe that dance training encourages young people to develop a positive self-image as they increase awareness of their physical being. Along with improving coordination skills and developing muscular awareness, dance classes give children the freedom to express themselves through movement.

The highest educational standards are expected from all POSE faculty members. They are lifelong learners who continue to educate themselves through certification programs, teacher-training schools, conferences, and other learning opportunities.

Understanding Dance Education

As a parent, you play an important role in supporting your student financially, but your emotional support is of equal—and perhaps even greater—value. Encourage your child to be the best that he or she can be regardless of what others may achieve. Dance is an individual art form and children need to be allowed to achieve at a pace that's comfortable. No two students will progress at the same rate, even if they experience the exact same training. It's important to encourage children to focus on themselves, give their all, and be satisfied with their own accomplishments.

Not all children will develop into professional dancers. One of the primary goals of our faculty is to teach life lessons and skills that offer children the best chance for success. Dance education encompasses far more than technique and the steps your children learn. We believe the discipline of dance training gives young people a better understanding of commitment through learning, experiencing the spirit of teamwork, and discovering what they can accomplish through hard work. Our goal is to educate the minds, bodies, and souls of our students, teaching them the skills needed for a successful life, whether or not they stay involved in dance.



CODE OF CONDUCT

- Respect your choice to dance, and your parents financial investment. Progress is made when you look at each class as an opportunity to become better at what you love to do. Dance full-out, stretch a little further, become more aware of your technique, and make the most of every class.
- Respect for the teachers is essential. Listen to each correction given, whether it's directed at you or another dancer. A correction is an honour; it shows you how much a teacher cares about your progress as a dancer.
- Do not enter a classroom without the teacher.
- Disruptive behaviour is unacceptable and students will be removed from class after two warnings. This includes talking out of turn in class.
- The spirit of teamwork and the lesson of dedication are a big part of our school's educational process, so regular attendance is imperative. If a performance stream student is away the week prior to an eisteddfod they may not be allowed to perform. If a student is going to be away for an upcoming eisteddfod they will be asked to practice the routine at the side of the room in the classes prior to the missed eisteddfod.
- No food in the dance rooms. Bottled water may be brought in and placed on the shelves in the dance rooms.
- All students are expected to be kind, friendly and respectful of one another both in and out of the studio. We're here to support each other and work as a team.
- Bullying or highly competitive unsportsmanlike behaviour is not welcome.
- We reserve the right to suspend or cancel an enrolment if a student's behaviour is continually disruptive to the learning environment and/or distracting to fellow students. It is important for us to be able to do this, not as punishment, but simply to ensure that the students at POSE can have the best possible experience.
- Parents should not enter the dance studios to talk to teachers, if you have questions or concerns about your child's dance education (such as progress or class placement), please discuss them with your child's teacher or the director. Talking only to other parents can lead to misinformation and confusion. Please contact the school office to set up an appointment; do not approach your child's teacher or the director between or during classes or make contact outside of the school.
- We have CCTV that is playing in the waiting room so you can observe your child's class at any time. However, due to COVID, we are currently asking for drop off and pick up only.
- Keep our studio tidy. We have professional cleaners coming in weekly, however on a day to day basis we expect students to respect our premises by taking all rubbish with you, or place in one of the many bins provides. Students should not place feet on the furniture or hands on the walls or mirrors. Hand sanitiser should be applied upon entry and leaving the dance studio.
- NO RUNNING through the studios at all (unless it is choreographed into a dance or in an acro class)
- No mobile phones may be used during class time. (This means no social media, emailing, Internet use, or text messaging.)
- Students and Parents are asked to keep all noise to a minimum when in the foyer or waiting between classes.
- Students are encouraged to take the fire stairs up to level three, instead of using the elevator, due to Covid only one person should be in at a time.



PARKING & PICK UP

There are two reserved parks in our car parks and these are reserved for staff. There are two visitor parks on the north side of the car park, but otherwise street parking is encouraged. Students are not to wait outside for parents. There is a window on our top level that students can look through, and only after they see your car, may go down and outside to meet you. All Lil Posers, and Junior students should be picked up from inside the building.

MEDICAL INFORMATION

Parents must notify the director/and or teachers regarding children who use an inhaler or who may require medications during their time at Pose Performance Academy. It is also important to inform the director and/or teachers about your child's existing medical conditions or learning disabilities at the time of registration and throughout the school year. Our teachers are professionals trained to work with all children and personalities, and the more we know about your child, the better the dance experience will be for all involved.

STAYING INFORMED

We work hard to make the dance experience organised and fun. Keeping you informed is one of our primary goals. Please read all emailed newsletters and other school information.

We answer email on a daily basis, except on weekends. Feel free to email questions to the office at admin@posepa.com.au.

Website: www.posepa.com.au

Facebook Page: Pose Performing Arts

Instagram: Pose_PA

We have two private chat groups on facebook for you to join.

PPA CHAT - this is to ask any last minute questions and keep up to date.

PPA swaps and Sales - post your 2nd hand shoes/uniforms for sale.

You can log on to your parent portal through our website and view class updates, order uniforms, check timetable and view your accounts online at any time.

"Like" the Pose Performing Arts page on Facebook to receive daily updates on school events. Please invite your family and friends to "like" the school and please help us have a presence in the community by commenting our posts and sharing where you can.

Please do not post questions on the school's Facebook page. Instead, please email them directly to admin@posepa.com.au or use the PPA Chat on Facebook which is members only.

UNIFORM

POSE expects all students to be in uniform in every class to encourage concentration and a sense of inclusiveness (variations in attire can be distracting and contribute to feelings of inequality). Uniformity in dance wear allows the teachers to assess how well the students are implementing the technique being taught, problems with alignment, and other important aspects of dance training.

PRE-SCHOOL UNIFORM

Ready Set Dance and Ready Set Ballet students must be in the RSD Tutu as a requirement not only of POSE, but also by Ready Set Dance as part of our licensing agreement. Hair can be tied back in any style, we suggest a pony tail.

RECREATIONAL and PERFORMANCE STREAM

Ballet students must be in a POSE leotard and ballet stockings, all other classes may choose your own combination of POSE uniform.

UNIFORM PIECE	PRICE
Boy Leg Shorts	\$35
Boys Black Muscle Top	\$40
Boys Dance Shorts	\$35
Crop Top	\$35
Leotard	\$40
Racer Back Singlet	\$40
Leggings Child	\$45
Leggings Adult	\$50
Singlet	\$39.95
Long Sleeve Top	\$49.95
Hoodie	\$59.95
SHOES	
Jazz Shoes	\$40
Ballet Shoes	\$30
Tap Shoes	\$50
Contemporary Half Shoe	\$20
Foot Thongs	\$20
ACCESSORIES	
Ballet Stockings, RSD stockings, Fishnets	\$15
Ballet Socks	\$10
Knee Pads	\$35
READY SET DANCE & READY SET BALLET	
Tutu (comes with a pair of frilly socks)	\$50
Frilly Socks	\$5
Boys T-Shirt & Shorts	\$50
Crossover	\$40
Hair Bows and Pom Poms	\$10
Back Packs	\$30

All of the above items are for sale at the studio or online through your parent portal. The hoodies, singlets and long sleeve T-shirts are made via a once a year special order placed in Term 1.

Students should carry their dance wear, shoes, and other belongings in a dance bag. Please print your child's name on the bag as well as on all of its contents.

- Watches, jewellery, and safety pins should not be worn to class.
- Dance shoes should never be worn outside.
- Female students should wear their hair tightly secured and styled away from the face; a neat bun is preferred for all classes and compulsory for ballet classes.

Students are expected to observe good personal hygiene habits. Deodorant is required for students age 10 and older.

Any items left at the studio are placed in our lost and found box. At the end of each term we empty the box and give to goodwill.

ATTENDANCE

All students are expected to attend their regularly scheduled classes. Each class offers a step forward in the educational process. A missed class could leave a child one step behind the other students. During term 3 and 4 choreography for the concert will be taught and rehearsed. It is important for children to feel completely confident with the choreography and the end of year performance. Missing class during this period could result in frustration for the students and their teachers and classmates. It may also result in the student being left out of a part of the routine.

MAKEUP CLASSES

Pre-School students may come to another class day to make up a lesson missed. Please inform the office before doing so.

ANNUAL CONCERTS

Mid Year Showcase - For all students: Term 2

Junior Dance Concert: Term 4

Senior Dance Concert: Term 4

Our mid year showcase is just that - a showcase of what the students have been learning and is low key and fun, a great opportunity to see the progress of your child.

Our end of year shows are amazing professional shows that culminate year's hard work, dedication, and progress. The last few weeks before the concert are Concert production weeks and often we may ask the classes to come together to practice or times may change slightly. All students participate in our annual concerts. Please note that all students must participate in the dress rehearsal in order to perform in the concert. The concert offers our students a professionally directed performance that allows them to present to their families and friends the results of a year's hard work, dedication, and progress. All students perform one time in each of the styles of dance they are registered for. Routines are between 2.5-3 mins long. A big part of dance training includes learning through performance. Although performance opportunities can help prepare some students for a possible career in dance, they also contribute to children's success in non-dance activities. The experience helps build self-esteem and confidence, which can result in better in-school presentations, improved social skills, and strong college and job interview skills. The rehearsal process is a tremendous learning experience as well. It helps the children develop retention skills, and by working with their classmates on a group performance, they learn the positive aspects of working as a team to create the best end result. Concert Handbook In July of each year we distribute a concert handbook with all the information parents and students need to know to make the concert experience enjoyable for all.

COSTUMES

We spend many hours determining the correct costumes for each class. A costume levy of \$15 per class per term is collected for Recreational and Pre-School students and \$20 per class per term for Performance students. (Please note this is charged twice for Lyrical/Contemporary class as they learn a routine in each genre). In term 4 All Recreational students would have paid a total of \$60 and Performance Students \$80. If a costume ends up being slightly higher or lower than this cost, then the extra amount will be charged or credited, however it is our goal to work within these budgets and we work very hard to keep them at those prices. For years at Pose we had a hiring system and we still have many costumes, if a class is assigned a pre-used costume, they will be charged a pre-used price. All costumes are kept by the student and you are free to re sell online if you wish. There are many facebook groups that buy second hand costumes.

In an effort to ensure that costumes are delivered in time for Concerts and an organised distribution to our students, costume orders are placed at the start of Term 3. Costume manufacturers do not accept cancellations or offer refunds; therefore the school does not refund costume levy if you stop dancing before the end of the year.

LOCKERS

We do have a limited amount of lockers for rent each year at the studio. These are available to book for the year once you have enrolled and will be assigned on a first in first served basis. Lockers are hired at the cost of \$60 per year and a spare key will be kept at POSE. If a key is lost throughout the year there will be a \$5 charge for key replacement.

STUDIO RENTAL

The studios are available for rental for meetings, rehearsals, and other activities. Sound systems, and microphones are available. Whether you're planning a one-time, weekly, or monthly event, give us a call to determine whether we can accommodate your group or activity.

