



EXPECTATIONS FOR READY SET DANCE (RSD) CLASSES

A key expectation for RSD classes is that students are able to dance independently. Is your child really ready for classes on their own?

In our experience pre-schoolers are able to concentrate better without the distraction of other noise in the room from parents and other siblings. This is why we aim for independent dancers, even from our youngest in the RSD Level 1 class! In general, students in RSD Levels 2 & 3 have already gained independence before attending dance classes. This may be because they have already attended day care or other structured learning opportunities. Most of the points in this document would be focused more toward the younger dancers or those who have never experienced structured learning before, but it relates to all students nonetheless.

One of our main goals at Bodies in Motion (BIM) is to create independent and confident dancers, so please use all your resources to encourage this at all times! Our program has been endorsed by leading child care experts who support this independent learning model. As pre-schoolers participate in classes, they have the opportunity to develop additional secure attachments with staff (teachers) and peers. This helps them transition positively into the larger world and helps with school readiness.

We understand that some children are timid, shy and 'not quite ready' at first and need to know that a parent is close by. Our program allows parents to watch the first class, "if absolutely necessary", to help them adjust. There is a "rainbow bench" located within the classroom for this purpose. It is absolutely necessary for teacher planning and to focus on creating independent dancers that parents aim to be out of the studio space within 5 minutes of the start of class. Parents are asked to either wait in the foyer (and watch through the viewing window) or wait on the verandah where they are out of sight / less distraction.

Here are a few questions to ask yourself to gauge whether your child is ready for "independent" dancing at BIM!

- Does your child attend day care / play group?
- Does your child attend any structured learning activities? i.e., Kinder gym or other sports / activities
- Is your child naturally independent?
- Is your child toilet trained?
- Does your child speak and understand direction well?
- Does your child have older siblings?

If you answer 'no' to any of these questions, it doesn't mean that your child isn't ready for classes, but it is super important that you work with us over the initial few weeks of attendance to encourage 'Independent' participation and achieve the dancing student milestones as set out by the Ready Set Dance program as soon as possible.

Studio policy for RSD classes

Our studio policy is that a child will be withdrawn from classes if, by the end of the 'applicable timeframe' for new students (or, during the course of their enrolment for current students), they are unable to:

1. Dance independently;
2. Follow the teacher's instructions;
3. Participate actively in classes (e.g. as opposed to sitting in the corner and watching);
4. Interact positively with the teacher and their peers (e.g. as opposed to crying, or exhibiting off-task behaviour that distracts or harms themselves or others); and
5. Go to the toilet without the support of our teaching staff, as they will be busy preparing for and delivering dance classes (i.e. children must be toilet trained, or be able to use the toilet with the support of a parent/carer)



With that said, we understand that young dancers can have 'off' days and may not be able to achieve all of these points from time to time. On the whole, students need to be able to achieve these points to participate actively, positively and safely in dance classes, and not detract from the learning experience of other dancers. We have passionate and caring staff who are eager to assist your child to achieve these points, and we appreciate your ongoing support.

With regards to the 'applicable timeframes', BIM are typically able to provide students with a period of 3-4 weeks to adjust and achieve points 1-5 outlined above. The exception to this is when the current students are preparing for a performance (e.g. a Mid-Year show or End of Year Production). In this instance, we typically recommend that new students commence the following term. However, in exceptional circumstances, we may accept a new student who can demonstrate that they can achieve points 1-5 (as outlined above) within a 1-2 week timeframe.

Throughout the course of a student's enrolment, BIM reserves the right to terminate enrolments effective immediately if the behaviour or attitude of a student, and/or their family/carers, does not fit with the ethos of the dance school.

These policies are necessary to ensure that:

- Other students remain focussed and eager to participate
- Our teaching staff are able to deliver the most valuable and positive experience for everyone involved
- BIM continues to be a safe and positive learning environment for dancers to develop their skills and flourish as confident, independent dancers

Obviously, our focus is for dance to be a fun and positive experience, so we appreciate you working with us to achieve this!

If students aren't able to achieve points 1-5, then it is the studio's policy that:

1. Their studio membership will be ceased 'for the time being'
2. Any monies paid for the remainder of the term will be refunded
3. You will be welcome to enquire about enrolment again in 6-12 months. It really is amazing how much an extra 6 – 12 months can do for a child's maturity and confidence!

Please note that by allowing your child to participate in our READY SET DANCE program, it is understood that you recognise and agree to the above conditions.

Here are a few things you can do to encourage independent dancers and/or to help with separation anxiety:

- Consistency is key! This means the same routine each week.
- Ensure you arrive at least 10 minutes before class to give your child time to settle into routine.
- Have their water bottle ready & uniform and shoes on before you arrive into the foyer.
- Let your child know you will be waiting in the foyer for them and will see them after class. Ensure you're discussing this with them on a daily basis.
- Keeping goodbyes short & sweet!
- Acknowledge your child's anxiety but don't give in. Let them know you aren't allowed in the studio - that it's for the kids and the teachers only.
- Suggesting things like, "If you can't go into the classroom by yourself without mummy/daddy, you won't be able to come to dance anymore. I'll be waiting right outside for you to tell me all about how much fun you've had at the end of class!" or, "Dance classes are for big kids and you will have sooooo much fun".
- Have an aunty/uncle or grandparent bring them along.