



# TERM 4 NEWSLETTER

www.dancepower.net.au

September 2025

**\*\*Classes resume week commencing Monday 6 October \*\***

*It is hard to believe that we have reached the final term so quickly. Everyone has been working very hard and our concerts will showcase our talented students.*

*We are all very excited and looking forward to our production of Beauty & A Beat!*

## Important Dates in your Calendar

**Monday 13 – 18 October 2025** – Class Dress Rehearsal/Photos

**Monday 20 October 2025** – Ticket Sale Day (**PRACC online system**)

**Sunday 9 November 2025** – Compulsory Dress Rehearsal at the Theatre

**Thursday 27 November 2025** – Annual Concert No. 1

**Friday 28 November 2025** – Annual Concert No. 2

**Saturday 29 November 2025** – Annual Concert No. 3

## Class Times

Classes **will not run** on: Melb Cup Day (Tues 4 Nov) or Melb Cup Eve (Mon 3 Nov)

Classes **will run** on:

- Saturday 1 November (Melbourne Cup Weekend)
- Saturday 8 November (Saturday before Dress Rehearsal)
- Monday 24 and Tuesday 25 November (Concert Week)

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## Child Safety Backstage - Working With Children

All backstage volunteers must have a current Working With Children Check (WWC). WWC are free and can be obtained online. Please ensure you complete your application now so it arrives before rehearsal. Further, in accordance with Child Safe requirements, all male family members will need to remain in the foyer or boys dressing room. Thank you for your cooperation and understanding to ensure a safe environment for all students.

## Photos & Class Dress Rehearsal Mon 13th to Sat 18th October

Class costume check/dress rehearsal will be held during **normal** class times from Monday 13 October through to Saturday 18 October. Professional group and individual photos will also be taken during this time. Purchase of photographs is online and optional. Please bring along all costumes, hair pieces and accessories.

You are required to attend class in full theatrical make-up and hair. Please arrive in ballet costume (unless hip hop is first). This provides an opportunity to make any necessary costume adjustments and clarify about shoes, tights, costumes and hairpieces before the dress rehearsal. Please ensure all alterations have been made to costumes.

**Straps must be taken up if necessary** by hand-sewing at the back (no safety pins or knots). Correct shoes and tights are mandatory.



# Concert

Dance Power's end of year performance will once again be held at Plenty Ranges Arts & Convention Centre, South Morang. The theatre offers state of the art facilities and hosts major shows and productions including the Australian Ballet School. Students will perform on stage in full theatrical costumes and make-up. We have been fortunate enough to secure 4 dates - one for our rehearsal and three for our performances.

**Tinys, Subs, Juniors, Inters** perform in 1 show only

**Tues Young Seniors/Snrs, Inter/YS Cheer & Boys** perform in 2 shows

**Drama, Young Advanced, Seniors & Advanced** perform in all 3 shows

## Concert Groups & Dates

<b>CONCERT 1 THURSDAY 27 NOVEMBER</b>	<b>CONCERT 2 FRIDAY 28 NOVEMBER</b>	<b>CONCERT 3 SATURDAY 29 NOVEMBER</b>
Tuesday Junior	Monday Tiny	Saturday Tiny
Tuesday Junior Hip Hop	Monday Sub Junior	Saturday Sub Junior
Tuesday Intermediate	Monday Juniors	Saturday Junior
Tuesday Intermediate Hip Hop	Monday Junior Hip Hop	Saturday Junior Hip Hop
Tuesday Young Senior/Senior	Tuesday Young Senior/Senior	Saturday Inter/Young Senior
Thurs Junior Cheer	Thursday Inter/Yng Senior Cheer	Saturday Inter/Young Snr Hip Hop
Boys Hip Hop		Thurs Inter/Young Senior Cheer
		Boys Hip Hop
<b>All three shows</b>	<b>All three shows</b>	<b>All three shows</b>
Drama	Drama	Drama
Thursday Senior/Advanced	Thursday Senior/Advanced	Thursday Senior/Advanced
Monday Young Advanced	Monday Young Advanced	Monday Young Advanced
Monday Advanced	Monday Advanced	Monday Advanced
Thursday Advanced Hip Hop	Thursday Advanced Hip Hop	Thursday Advanced Hip Hop
Open Ballet Technique	Open Ballet Technique	Open Ballet Technique

## Compulsory Dress Rehearsal

Students are required to attend the dress rehearsal on **Sunday 9 November 2025** at the Plenty Ranges Arts & Convention Centre, South Morang.

### All Tinys and Sub Juniors 8.40am – 10.00am

We do the younger students first otherwise it is too long for them. Due to the arrival of the remainder of the school at 9.30am we ask that you vacate the dressing room (take all your belongings) and move into the theatre to watch your child's last dance on stage and Finale and then exit via the main entrance. This avoids congesting backstage.

### Remainder of School 9.30am – approx. 2.15pm

All students must attend the rehearsal if they wish to participate in the end of year performances. It is a great opportunity for students to experience dancing in costume on stage. Students need to arrive dressed in their first costume with full stage make-up and hair off the face (no fringe) and securely tied up in a bun – no jewellery, underwear or visible bra straps allowed (skin colour please).

Please note that as per the Centre Management's requirements, the Theatre will be closed at the Dress Rehearsal and the four designated parents per group will be permitted backstage to dress and assist (except Tinys, Sub-Juniors and Juniors whose parents can stay if they prefer). Parents will be allowed backstage at the end of the rehearsal to collect their child. The rehearsal is an opportunity for the students and teachers to work together to perfect their dances and positions and for the lighting crew to experiment and then plot the entire show.

## Annual Performances

Dance Power®'s end of year performances will be held on **Thurs 27, Friday 28 and Sat 29 Nov 2025**. On Concert Night students need to arrive **at 6.00pm** dressed in their first costume with full stage make-up and hair securely tied up in a bun. No jewellery or nail polish. We have arranged professional filming of the performances and digital links will be circulated for all 3 shows. A \$30 digital recording fee will accompany term 4 fees.

***Members of the audience will be unable to enter/exit the Theatre or go backstage during the show except at interval. Please respect this for students performing and for filming purposes***

## Costumes

Whilst you have paid a hire fee, additional trims and/or minor alterations may be required to improve the fit and/or appearance. Please make any minor adjustments if necessary. **Do not cut** costumes to shorten or if taking in – discuss alterations with reception. Costumes are selected to provide minimal inconvenience to parents. Costumes should be hung-up and stored in a safe place along with your hairpieces. As costumes are fragile please take special care with them and resist your child's urge to play with them.

**Costumes are hired** and must be returned on the last night of the student's concert. After each dance please place the costume in the correct bag provided and hand your hairpiece to your class leader. Failure to return a costume on the night and in good condition will incur a further fee.

## Appearance

Full stage make-up is required for the dress rehearsals and performances.

**Make-up:** Foundation, smoky eye-shadow (with white shimmer under eyebrows), black eyeliner, black mascara, blush on cheeks and red lipstick.

**Hair:** Hair must be securely tied up in a bun and hair completely off the face (no fringe).

**Hairpieces:** Must be securely fastened with hairpins and placed on the right side of head

**Shoes and Stockings:** Pink ballet stockings must be worn for ballet dances and tan stockings for all other dances and tan footless stockings for contemporary

**Jewellery:** Not allowed

**Bra straps:** Not to be visible (please only wear skin colour and replace with clear straps)

**No undies:** If necessary please wear a body stocking

## Term Fees

Just a reminder that term fees are due in the first 2 weeks of each term. A \$10 late payment fee will be incurred and possible loss of enrolment so please ensure your fees are settled on time. If fees are not paid by the end of term you will be charged casual prices and lose the benefit of the 10 week discount.

## Term Dates

Please note that Term 4 will conclude on Tuesday 25 November.

## Lost Property

Please ensure names are clearly marked on shoes and belongings so that any items left behind can be safely returned. Please check lost property and the drink bottle collection in the kitchen.



## Shoes, Body Stockings & Tights

### Dance Attire and Shoes

It is important that students wear appropriate clothing and dance shoes in class so teachers can correct dance technique and posture. Leotards, leggings, singlets, dance pants, shorts are appropriate. No denim. Students require the following dance shoes for class and concerts:

<b>Tinys:</b>	Pink ballet shoes (elastic)
<b>Sub-Jnr:</b>	Pink ballet shoes (elastic) and tan tap shoes
<b>Jnr:</b>	Black jazz shoes, tan tap shoes, pink ballet shoes (elastic — no ribbons for juniors)
<b>Inters:</b>	Black jazz shoes, tan tap shoes, pink ballet shoes (with ribbons for the photos/rehearsal and concerts)
<b>Hip Hop:</b>	Black jazz shoes or black sneakers
<b>YngSnrs/Snrs/Adv:</b>	Tan tap shoes, ballet or pointe shoes (ribbons), black jazz
<b>Cheerleading:</b>	Black sand shoes (no split soles) or black jazz shoes

***Ballet ties must be tucked into ballet shoes & ribbons must be sewn on sides and securely tied up, fastened with invisible tape around the ankle.***

### Body Stockings

It is recommended that students (especially the older girls) wear a body stocking which can be left on for all the dances under their costumes – this is a semi sheer very light, skin coloured leotard which allows students to change costumes quickly without being embarrassed – they do not show through when they are on stage and also provide hygienic protection. Body stockings are also available for purchase (\$15).

### Tights & Pink Ballet Ribbons

Pink ballet tights are required for ballet dances and tan tights for all other styles when performing on stage. For your convenience we have sourced good quality, affordable dance tights which can be purchased during classes from Reception (\$12). Pink ballet ribbons also available (\$3).

## Backstage and Theatre Etiquette

Students need to remain backstage in the dressing rooms at all times.

**Dressing:** Due to the limited space available only 3 dressers per group (plus 1 class leader) will be allowed backstage (except Tinys, Sub Juniors and Juniors - however we do ask that numbers be limited if possible). Backstage parents to make sure students remain in their dressing rooms at all times. Please make arrangements with other parents to assist your child if you are watching the concert and not accompanying your child.

**Class Leader:** One parent is required from each class to escort their child's group to side stage when called. Class leaders please ensure when groups are called to side stage they remain in a straight line in their order and are quiet. Please also check that hair and hair pieces are securely fastened, correct costumes are worn, hairpieces, correct tights and shoes, no earrings etc. All other students and parents are to remain in the dressing rooms as the noise levels at the backstage entrance can be heard in the theatre during the show and this can be very distracting for the audience watching the show.

**Theatre:** As requested by Theatre Management, the Theatre will be closed during the Dress Rehearsal. Note also that during each Performance members of the audience will be unable to enter/exit the Theatre except at interval.

We have organised for televisions to be available in each dressing room so students can watch the show when they are not performing.

Please ensure your child's costumes are appropriately organised and there is a supply of hair pins, safety pins and spare stockings in case of emergencies.

Also remember to pack a drink (water preferred) and a snack (avoid nut & egg products) for your child/children. A light dressing gown is recommended to protect costumes throughout the evening. Don't forget an outfit to wear home at end of concert night.

## Ticket Sales— Now Online Via PRACC

The Theatre (PRACC) have now made it compulsory for ticket sales to be purchased via their online platform. Tickets will go on sale on their website on **Monday 20 October at 10.00 am**. Please ensure you book the correct concert for you/your child as we have no control over this process (ticket sales are final) and once sold out it will be sold out. We will again cover the ticket fee costs however PRACC will charge a \$2 booking fee.

Ticket prices for 2025 are as follows:

- Adults: \$45 (inc GST)
- Students/Pensioners/Children: \$40 (inc GST)

Infants and toddlers under 2 years of age can sit on a parents lap and do not require a ticket.

## Bloch VIP Weekend— 11 September to 14 September 2025

We have organised another VIP weekend (**Thursday 11 September to Sunday 14 September 2025**) at Bloch Doncaster where Dance Power students are entitled to a 20% discount. Just show your parent portal. Students are entitled to a 10% discount all other times of the year.



Principal - Ms Nikolaou

Dance Power®

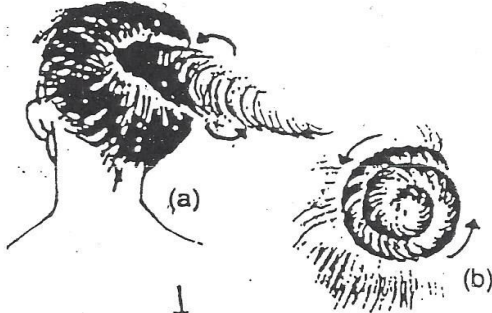
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At Laurimar Community Centre  
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P O Box 110 Diamond Creek 3089

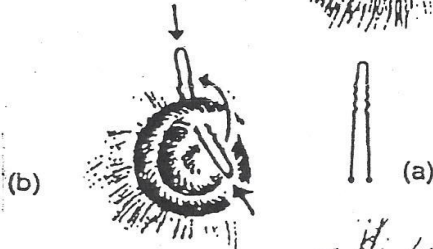
## HOW TO DO A SECURE BUN



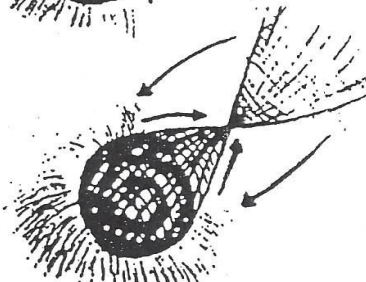
- 1 First brush the hair back into a *very strong, tight* ponytail at the back of the head. If the hair is very wispy or not all the same length, a little water through the hair is a great help. For more important occasions 'gel' should be used at this stage. It is VITAL that the ponytail is as tight as possible, or else the bun will flop around (especially when doing pirouettes!).



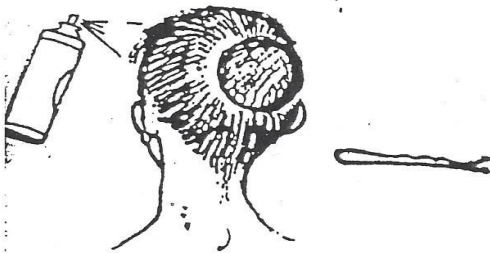
- 2 Take the hair and gently twist it around (a), and then lay it around the elastic on the head in a continuing circle in the same direction as the original twist, making a shape like a snail shell (b). Tuck the tail in neatly. (Don't wind the hair into the snail shell too tightly thus causing the bun formation to poke out from the head like a sausage).



- 3 Using *thick, strong* 'fringe' pins (a) gently take the hair almost from the centre of the bun with the prongs *parallel* to the head (b) and push pin into bun along scull - not just anywhere like a porcupine. This action will pull bun into a firm shape. Only use as many pins at this stage to hold it in shape before putting on the net (about 4).



- 4 Using a LARGE hair net (either sheer or 'slumber'), lay it around the bun a few times - using large nets is more economical AND stronger as they can be used over and over until there are too many holes.



- 5 Finally, tidy up and secure net in place with more pins in the same way as before, only don't try and take the hair from the centre of bun or the net will tear.
- 6 Using 'bobby' pins, hold back any wisps on the side of the head, and spray liberally with gel spray or hair spray.

## BALLET RIBBONS

### HOW TO SEW RIBBONS ON BALLET SHOES

1. Cut ribbon into half then half again so there are four pieces – one for each side of the shoe
2. Fold ribbon over one and fold again
3. Fold back the heel of the shoe to discover the correct position for ribbon and seq onto the side of the shoe on the inside lining. Do not seq on the binding as the cord cannot be adjusted
4. This cord is to adjust the tension on the width of the shoe and should be adjusted while on the feed and tied in a double knot. The ties should be tucked into the shoe and should not be visible.

### TYING BALLET RIBBONS

1. Put ballet shoe on and ensure dancer is standing as it flexes the foot correctly for ribbon size. Hold one ribbon in each hand.
2. Taking the ribbon which is attached to the outside of the foot, cross over the front of the ankle, pass around the ankle (inside), around the heel, around the front of the foot again and hold it just above the inside ankle bone.
3. Taking the ribbon which is attached to the inside of the foot, cross over the front of the ankle, pass around the outside of the ankle, around the heel, all the way around to cross over the front of the foot again, around the back and coming to a stop above the inside ankle bone. (This ribbon goes around the foot more than the other ribbon)
4. Take the ends of both ribbons and do a double knot. After you have done a double knot you will need to leave approx 4-5cm and then cut the rest off on a diagonal to prevent fraying.
5. Tuck the ends inside the ribbons around the ankle. You can use a bobby pink to help push the ends inside the other ribbons. Secure with sticky tape to ensure the ends do not fall out on stage.

