

SJCCA DANCE

Welcome to St. Johns County Center for the Arts! Handbook 2023-2024

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Dance Program Website: <http://msschippanidance.weebly.com/>

Dance Program Instagram Page: @sjccadance

Hello everyone, and welcome to the SJCCA Dance Department at St. Augustine High School! We are very excited that you decided to learn and/or expand your knowledge of the art and sport of dance. The performing arts world is an inspiring, invigorating, and amazing place. You will soon learn; if you have not already, that every day you dance, you enhance your craft by challenging yourself and those around you, while simultaneously supporting your classmates.

This handbook is designed to inform you about my general expectations as well as the expectations of the performing arts department, as a whole. After reading through this packet, please do not hesitate to contact me with any remaining questions or concerns. The best way to reach me is via email.

Our Mission: Here at Saint Augustine High School, we offer a variety of performing arts courses. In the dance department, our goal is to expose students to many styles of dance by ways of technique, terminology, history, and choreography. We will be exploring the foundations of many genres of dance throughout the entire school year while simultaneously preparing for our 1-3 performances per year. Dance students will get the opportunity to create their own work, constructively critique themselves as well as others, and perform in front of live audiences. The students will receive a wide range of dance knowledge by keeping up with current events in the world of dance, watching clips to grasp movement concepts of professionals, learning from guest artists, as well as visiting dance groups in our community.

Styles of Dance Practiced Regularly:

- Ballet Technique
- Lyrical/Contemporary/Modern
- Jazz
- Hip-Hop
- Improvisation

Styles of Dance Practiced Occasionally:

- Tap
- Musical Theatre
- Acro

What to Expect: Day-to-Day

Daily Requirements:

Dance students must participate in all class activities, bring any required supplies, and wear the proper attire every single day. Dancers must also maintain a proper attitude. They will know what to prepare and wear based on a schedule that will be posted at the start of each week in the dance room and on Schoology in our SJCCA Dance Group (Access Code: 8GQ9-4M4Z-26GCH)

Dressing Out/ Preparation Policy:

When a student is unprepared for the day (does not have their clothes, incorrect clothing/shoes), the consequences listed below will take place.

Non-Participation Procedure:

If a student is unable to dress out or participate for the day, they will complete a reading and writing assignment (posted in our Schoology Group and in the dance room). Students are expected to complete this assignment in class or finish for homework to be handed in the next day. The student will then earn half credit for participation for the day if the non-participation was unexpected, and unplanned. An excused absence and completed writing assignment will grant full credit.

Participation Points:

Each student has the opportunity to gain 20 points each day.

Participation includes:

- Punctuality
- Attire
- Effort
- Engagement and focus in lessons
- Attitude and Respect (which is included in the national dance standards)

The Logistics

Grading Policy:

The school-wide weighting for formative and summative assessments for SAHS is 70% Summative Assessments, 30% Formative Assessments. All students should have at a minimum 3 (three) summative assessments per quarter and at a minimum 1 (one) formative assessment per week entered into eSchoolPlus and published for parent review in Home Access Center.

- Examples of Formative Assessments: (participation, reflection on “quote of the week”, written assignments, small choreography projects and checks)
- Examples of Summative Assessments: (performances, exams, technique assessments, large choreography projects and checks)

Injuries/Illness:

All injuries or illnesses must be reported to the instructor along with a signed note from a parent. After the third day of non-participation, a doctor's note is necessary. If your child does not have a valid note, they are **not** excused from participating and will only receive half credit for their reading and writing assignment. If non-participation exceeds five days, a make-up assignment may be given to receive credit for time missed.

Tardiness:

Students who are not in the room by the late bell are tardy and will be marked as so. Students who enter the room after the late bell must receive a printed pass from a dean or other administrator. Students are given five minutes* after the late bell rings to change into their clothes and begin stretching or their assigned bell work.

*If a student takes longer than 5 minutes to get into dance clothes, they will be asked to get a tardy pass.

Dress Code

NOTE: When you have all of your dance attire, make sure to label it with your name.

NOT PERMITTED in dance: Food or drink (other than water), gum, street shoes, socks (unless specified as "dance sock" or an exception is mentioned)

All of the following must be purchased by the dancer and ready to wear at the instructor's discretion based on the dance schedule. Unless the class is ballet, jazz, or otherwise specified; basketball shorts, yoga pants, full-coverage spandex shorts, form-fitting t-shirts and tanks will be permitted. All dance clothes must cover the midriff, obliques, glutes, and chest. Students should not wear the clothes that they wore to school in dance.

Ballet Attire

Female-Identifying Students:

- Ballet shoes (any color)
- Tights (pink or flesh-colored)
- Black leotard (with or without all-black shorts)
- No undergarments should be worn underneath ballet attire. Exception: all-black sports bra

Non-Binary and Male-Identifying Students:

- Ballet shoes (any color)
- Black sweatpants, shorts, or leggings
- All-white tee-shirt or tank top

Ballet Hair

- *Secured* bun (low or high) with hair completely pinned out of face.
- For hair too short to secure in a bun, dancers must use pins or a headband to ensure hair is always completely out of your face.

Other Dance Items You Will Need

- Tan jazz shoes (to be worn for all jazz and leap and turn classes)
- Flesh-colored tights (you should obtain 2 pairs in case one rips)
- Sneakers for hip hop (that have not been worn to school or outside that day)
- Baggy attire for hip hop
- A notebook *just for dance* that stays in the dance room.
- A dance folder
- Pen/pencil
- Hair ties
- Water bottle
- A dance bag to bring your dance clothes to and from school in

NOTE: More specific items and colors of items may be requested prior to a dance performance. Dancers will receive *at least* 2 weeks of notice in these instances to obtain what they need. Additionally, hair should be pulled back and secured for all dance classes. Socks are never to be worn for dance unless specified by the teacher ahead of time.

Dress code items can be purchased online and/or in local stores.

Need Donated Items? Fill out a form by clicking/visiting the link below

<https://forms.office.com/r/NkKLXieDA5>

MORE ON HAIR

For all dance classes, hair must be out of the dancer's face and secured with hair elastics so it does not fall out frequently during movement. If a dancer has short hair that will not go up and out of their face, they must wear a thick elastic headband while dancing.

Ballet buns: must be at the crown of the head or the nape of the neck and tightly secured with bobby pins and/or hair-colored netting. All fly-aways should be combed back with gel or hairspray. You may use youtube.com as a guide to research the many ways to secure your hair in a ballet bun whether you use the classical technique or a bun formation ("sock bun"). Bun formations can be purchased at many places including: Walmart, CVS, or Sally's Beauty Supplies. Claw clips are not bun-makers.

Braids:

- Dancers with braids must keep them to a medium thickness
- The braids must be a length that can easily be put into a secured bun without falling out. Also, no braid can be left outside of the bun

Workout Wednesdays: Most Wednesdays, because of shortened class periods, we will practice a variety of different workouts to promote life-long health and wellness. This may include, but is not limited to: aerobics, dance conditioning, Pilates, and yoga. I encourage students to bring in their own methods of exercising to lead certain parts of the class. We will wear sneakers/tennis shoes and workout clothes. Hair must be pulled back in accordance to our dress code.

Thank you so much in advance, for your participation and support!

Sincerely,
Kaila Schippani
SJCCA Dance Director

"Make the world get used to you"
–Doris "Granny D" Haddock