WHAT'S NEW AT FOX HQ?

FOX ACADEMY OF DANCE EMAGAZINE

NO. 2 DEC' 22

HALLOWEEN SPOOKTACULAR!

Check out what we got up to at Fox HQ during HALLOWEEK!

MEET THE TEAM- MISS LISSY

Get to know the people behind Fox Academy of Dance

HQ CHRISTMAS CELEBRATIONS

Looking back over the holly-jolly festive season!

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FEATURES

HALLOWEEK AT FOX HQ

In October we celebrated with HALLOWEEK at Fox HQ- the studios were decorated from top to bottom and our dancers wowed us with their creative and spooky costumes!

To wrap up the half term we hosted a day of spooktacular workshops culminating in some musical video montages of the day- you can watch them here!

Mini Halloween Workshop Video
CLICK HERE TO VIEW
Junior Halloween Workshop Video
CLICK HERE TO VIEW

COMING UP THIS TERM!

Stay tuned for info coming soon on our forthcoming Spring Workshops-

TUESDAY 14TH FEBRUARY
Valentines Workshop and Movie Night

SATURDAY 15TH & SUNDAY 16TH APRIL
Easter Dance Intensive

HAPPY HOLIDAYS

FROM FOX HQ

SPARKLE JOLLY TWINKLE JINGLEY

FOX HQ was full of the joys of the festive season this December as we celebrated Christmas in style! Signing off the year with Christmas Jumper week, partying with our dance family at our annual Christms Party and wrapping up the term with our Festive Dance Workshops we truly immersed ourselves in all things Christmassy!

The Fox Christmas tree was hung with notes of gratitude and in the spirit of giving we delivered an entire car load of food and treats to Stowmarket Food Bank- excellent work Team Fox- thanks to everyone who donated!

December also saw our teachers embark on their annual Show Planning Retreat! Two jam packed days of planning and preparation means we're raring to go with show work later in the Spring Term and we can't wait to share our exciting ideas for this Summers spectacular celebration of our dancers- make sure the date is in your diary!

SUNDAY 25TH JUNE 2023
THE APEX

WHAT'S COMING UP IN 2023?

The New Year means lots of new opportunities and events for our dancers! Here's a little taster of what's in store in 2023!

COMPANY TRAINING & PERFORMANCES

Company Training recommences on Sunday 8th January in preparation for our first public performance at The Ipswich Regent on January 29th! Our Company dancers performed a sneak peak of one of their numbers at our Christmas Party and it went down a storm!

VALENTINES WORKSHOP

On Tuesday 14th February Fox HQ will be spreading the love with our Valentines dance workshop and movie night! Booking open soon!

EASTER INTENSIVE

Plans for our Easter Intensive are coming together! A two-day EGGstravaganza for our dancers to hone their technique whilst trying a variety of dance styles!

SUMMER SHOW 2023

We'll be back at The Apex again this June for our annual Summer Show and we cannot wait! Plans are well underway and we will start to include some choreography into classes after February Half Term! ALL Fox Dancers are invited to perform!

BALLET AT FOX

FEATURED DANCE STYLE

Ballet is one of our CORE subjects at Fox Academy of Dance- as a style it forms the foundation of our dance curriculum and we highly recommend that all of our dancers participate in at least one ballet class a week. We are firm believers in making our Ballet classes fun whilst also working towards a standard of technical excellence.

ISTD & IDTA SYLLABI

Our class work follows the IDTA Classical Ballet Graded Syllabus and our Ballet Tech extension classes include aspects of the ISTD Imperial Ballet syllabus to give our dancers well rounded training and the best of both exam boards.

OPTIONAL GRADED EXAMS

We prepare our dancers to enter accredited graded exams which are held approximately every 18 months. We have a 100% pass rate in exams with all candidates gaining Merits and Distinctions.

BALLET TECH AND POINTE

From Level 1 up we recomend dancers also take Ballet Tech classes to supplement their ballet training and from Level 3 (subject to required standards being met) dancers may be invited to join our Pre-Pointe training programme in preparation for Pointework!

BALLET AT FOX ACADEMY OF DANCE

We offer ballet classes from age 3 and beyond beginning with our 'Tiptoe & Twirl' programme and progressing into syllabus ballet from Reception year of school. Here's what our dancers have to say.....

"I love ballet because it makes me feel like I can do anything!"

"Ballet makes me feel calm and confident"

"Coming to ballet is the highlight of my week- it clears my mind."

"Ballet helps me with all my other classes because I can apply my technique to other dance styles"

"Ballet has made me a stronger dancer"

BALLET BUN

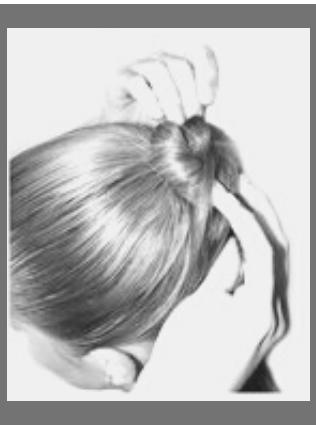
STEP-BY-STEP INSTRUCTIONS

YOU WILL NEED

HAIRBRUSH | COMB | HAIR ELASTIC | HAIR PINS | HAIR GRIPS | BUN NET | HAIRSPRAY/WATER

A BALLET BUN IS REQUIRED FOR ALL BALLET CLASSES

1: Brush your hair and gather tightly into a smooth, slick ponytail using a hair elastic- you can use hairspray or water to keep it smooth.

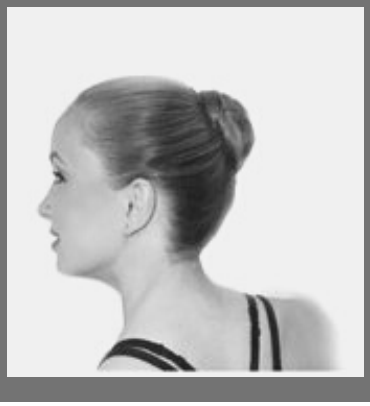


2: Twist your ponytail and wrap hair around the ponytail elastic. Secure in place with a few hair pins (2" or 3")

3: If your hair is very long or thick you can split your ponytail into two sections and wrap one at a time.

4: Place a bun net over the bun, twist and wrap the net around the bun two or three times until secure.

5: Secure bun net with as many hair pins as you need and use kirby grips to tuck in any loose sections.



6: Spray with hairspray to tame any flyaway hairs. Now you are ready for your ballet class!

FOX
ACADEMY OF DANCE

STEP INTO ~~THE~~ YOUR SPOTLIGHT

MISS LISSY

What is your favourite musical?
'Wow there's just so many! I would have to say at the moment it is 'Come from away'.

What is your favourite memory at Fox HQ so far?
Coming in the first time before it was even done up was a very exciting moment.

Where is the coolest place you have ever performed?
I would probably say Times Squares steps in New York City.

What is your favourite memory from being taught by Heidi?
Number one was doing my last show at theatre train where we all wrote why we love performing and Heidi put together a dance for it, it was very emotional. The second one was when Heidi pulled me up in front of the whole class to show how sweaty I was and told everyone to put in as much hard work as me.

What is an essential in your dance bag?
Deodorant, all the way!

What is the strangest thing you've ever had to do for a dance?
In my final year at uni I had to be a tap dancing frog where I wore an all in one green suit and some flippers

What inspired you to dance when you were younger?
Probably all of my teachers, I had a few different dance teachers, one of them being Heidi, and they inspired me to be the teacher and dancer I am today.

What is your favourite thing to do to relax?
Spending time with my friends and family, watching some Netflix and chill out.

What is your favourite style of dance?
Its got to be tap!

continued.....

MISS LISSY

.... continued

If you could be in a musical, what musical would it be?
Ive always wanted to be in Shrek the musical and be a part of the ensemble.

What dance school did you go to?
I went to the colchester school of dance from the age of 5.

What's the coolest place you've been on holiday?
Kenya

What made you want to teach dance?
I started doing some teaching whilst I was at uni and realised I had a big love for it and loved seeing the students achieve. It's my favourite thing to see my students get something for the first time.

INTERVIEW BY NELL MIDDLEMAS

JOIN THE BAND

in three easy steps

1. Download the BAND App and create an account (accounts must be in a parent or guardians name)

2. Request to join the Band for your child's class level

3. Access our pre-recorded home learning videos and photos from classes.

Perfect for recapping syllabus content, catching up on missed classes and exam preparation

FOX online

BAND LINKS

TOTS https://band.us/n/a5ab74W5U2E37

PRE-PRIMARY https://band.us/n/a4ad75W0Uffdz

PRIMARY https://band.us/n/a3a473W5U4faM

LEVEL 1 https://band.us/n/a4a678W4U9g0X

LEVEL 2 & 3 https://band.us/n/a8a37bWaU2g5K

LEVEL 4 & 5 https://band.us/n/a6a479WfU0Hdk

COMPANY https://band.us/n/ada27fWfU4H1j

COMPANY MEMBERS ONLY

FOX ACADEMY OF DANCE

DATES FOR YOUR DIARY 2023

EVENT	DATES	NOTES
SPRING TERM 23	**MONDAY 9TH JANUARY- FRIDAY 31ST MARCH '23**	**... HALF TERM MONDAY 13TH-FRIDAY 17TH FEBRUARY (1-WEEK)**
SUMMER TERM 23	**MONDAY 17TH APRIL- FRIDAY 7TH JULY '23**	**... HALF TERM MONDAY 29TH MAY- FRIDAY 2ND JUNE (1-WEEK)**
VALENTINES WORKSHOP	TUESDAY 14TH FEBRUARY TIMES TBC, FOX HQ	... more information to follow
EASTER INTENSIVE	WEEKEND 15TH- 16TH APRIL, 10.00AM-3.00PM, FOX HQ	... more information to follow
SHOW DRESS REHEARSAL	SUNDAY 11TH JUNE '23, TIMES AND VENUE TBC	... more information to follow
SUMMER SHOW	SUNDAY 25TH JUNE '23, THE APEX, TIMES TBC	... more information to follow