

# KHSD Newsletter 2024 Term 1

## Important Dates Term 1

31 March - Canberra Dance Festival entries close

11 April - Last day of term 1

12 April—Disco

Public holidays: no classes

1 April - Easter Monday

Next P&F Meeting

6 April



Soraya & Charlotte CDF 2023

Welcome back and what a great start to the year. Big news! Charlotte Seymour and Soraya Sullivan are heading to London for the English National Ballet School audition finals. We are so proud of them and wish them the best. Show em your stuff girls!

Another quick trip to London, Ms Sabrina, who participated in an internship with Alleyne Dance Company on their upcoming show 'Far From Home' - the performance was on March 1st



Charli and Ms Sabrina were in London at the same time and visited Elle during her mid term break. Elle moved at the end of December 2023 to start her full time training at the Central School of Ballet.

Speaking of Elle, here is a message from her. (pictured front row 5th from right)

For ballet we have a set class that our teacher Adela has made. The barre is in two halves and just goes straight through and the centre is done in groups of four. The work is pretty challenging but still gives us enough room to show our ability. For contemporary we are doing graham, which I am LOVING, and we are doing set exercises for that too. We also have to make a 1.5 minute solo based off of a painting for our choreography assessment. All the assessments are marked by a panel, and we also have a Spanish assessment which is fun! We only have one Spanish lesson a week so that has been the hardest thing for me to catch up on but im getting there.



ES Fotografi 

[www.esfotografi.com.au](http://www.esfotografi.com.au)

For concert photos.

Already ordered - Don't forget to collect your 2023 Concert DVD and Photos! Available from the Office soon

# Messages from KHSD Alumni

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## **Madilynn Bayliss**



RAD Advanced 1, WAAPA Graduate,  
LINK Dance Company

My first piece of advice is to apply/ audition for everything even if it's something you don't think you will get, you won't get anything unless you try for it, and you never know if the person they are looking for is exactly you!

Another piece of advice is to make sure you have another interest/hobbies that you are able to prioritise, it's really easy to let dance/uni be your whole life, but that also leads to burnouts and losing your passion, so find other things that you love just as much that you are able to focus on outside of dance!

## **Tessa Dunn**

RAD Advanced 1, VCA Graduate  
Currently a Head of Dance at R.I.S.E  
Group, Melbourne

Listen to other people's corrections just as much as yours. Sometimes the elements you find easy in dance (musicality, performance quality, flexibility etc) can be the hardest thing for you to teach. Trust in yourself. You have had amazing teachers at KHSD who have provided you with what you need get started and the rest you can keep learning along the way.

## **Wendy Seo**



RAD Advanced 2,  
WAAPA Graduate, Current independent  
artist

One piece of advice is to have an open mind about everything! I didn't think I'd be the type to be an independent artist, but here I am, having done my first Fringe show. You never really know what's going to happen so I'd say to have an open mind and an open heart, and to take every opportunity that is coming or given to you, even if it's out of your comfort zone! Along the same line, I think it's also important to not take anything, including life, too seriously. Doesn't mean that you shouldn't work hard or do your best, but to not get down if something doesn't work out how you planned or would've liked. Life is a journey; there isn't a final destination



Photo: Elle Krinas—Studio 3



## **Elysia Muirhead**

RAD Advanced 2, Brent Street Graduate  
Currently singing and dancing at Hong Kong Disneyland in Mickey and the Wonderous Book.

Your dream may shift and change along the way, trust it. What you thought you wanted may lead you to a path you never knew existed, that brings you more happiness than you could ever have hoped for. Every part of your training and performing experience will add to your value, both as a performer and as a person, so be brave enough to explore what makes you happy, and embrace what feels like YOU.

## **Sophie Dimoff**

Brent Street Graduate

I think a piece of advice I would give is if you can go up to Sydney and do as many open classes/holiday programs as you can before making the move. I think if I had done this more I would've felt more confident going into Brent Street because it's a very different environment to the Canberra dance scene and I think it's helpful to gauge the environment so you're not thrown completely into the deep end as it can be a little overwhelming



## **Elliot Dunn**

RAD Advanced 2, WAAPA Graduate,  
LINK Dance Company

It's going to be hard but that's what makes it rewarding and worth it. Practice everything how you intend to do it for real. Doubles the amount of practice you get. Never stop moving in class, the side is time to practice. Also when you get a correction apply it straight away or at the aside asap. Don't be afraid to go for things in class/stand out or make mistakes etc. class is for you and between you and the teacher. I could go on about a million things I'd wished I'd known but finally remember. You're doing it because you love it, make sure to have some fun.

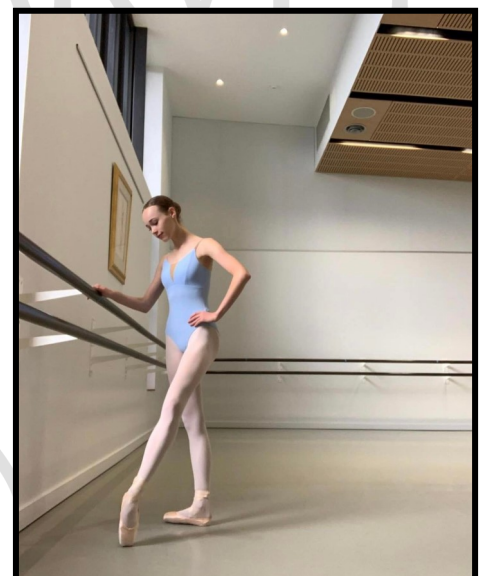


Photo: Georgia Willshire —Studio 2

KHSD style and colour for Acorns, Pre Primary, Primary, Grade 1 and Grade 2



This is the exam leotard for Grade 1 and Grade 2

Skirts are optional and only to be worn in Acorns, Pre Primary and Primary

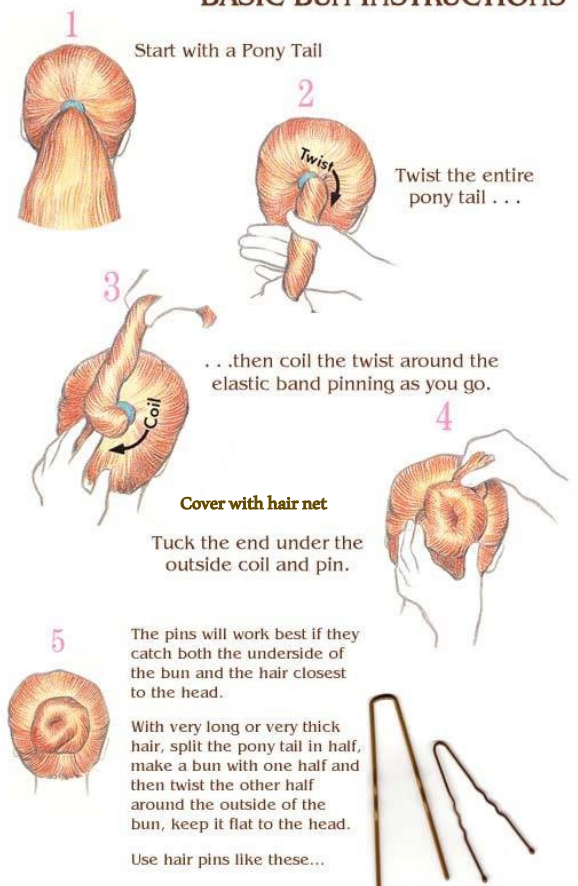
KHSD style and colour for Grade 3, 4 & 5



This is the exam leotard for Grade 3, 4 & 5

Hair should be neat and properly up for class. It is just as important as a school or sport uniform. Having your hair in a bun is a part of ballet class etiquette.

#### BASIC BUN INSTRUCTIONS



KHSD students wear MDM—available from Attitude Australia and MDM website

SCHOOL of DANCE

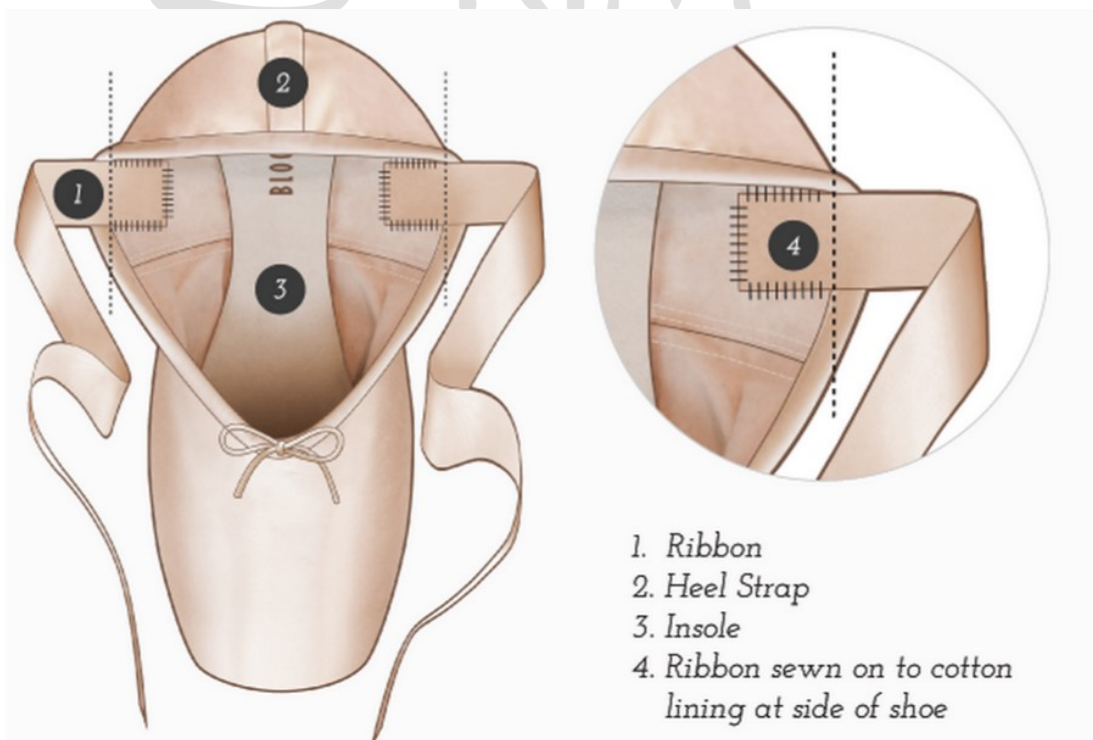


INTRINSIC REFLEX  
*Canvas Hybrid Sole*

ILARA  
*Stretch Canvas Hybrid Sole*



KIM



# DANCE



Character shoes must be worn for graded exams. and These are available in two heel sizes – low heel in sizes 3 – 7 (including half sizes) and Cuban in sizes 2 – 8 (including half sizes). The Cuban heel should be worn from Grade 3 onwards. Character shoes can be purchased through the KHSD P&F second hand, Bloch & Attitude Australia.

KHSD Uniform can be purchased from [www.canberradancewear.com.au](http://www.canberradancewear.com.au)

