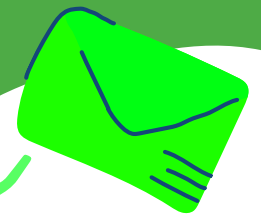


# GD Newsletter

April 2025



Hello, Generation Dance families!

What a fantastic half-term we've had! Our students have been busy with exam work, competing in championships, and preparing for our upcoming show — and there's so much more to come!

As we head into the Easter holidays, we want to take a moment to reflect on all the hard work and dedication. Whether you're relaxing or continuing to rehearse, exciting things lie ahead at Generation Dance.



## Dates for the diary...

Activity	Date
Exams	May 4, 2025
Dance in UK Competition	May 17, 2025 to May 18, 2025
Summer Fete	May 25, 2025 and May 26, 2025
Show 2025	Jun 22, 2025

THIS HALF TERM...

# Top Tips to Help Your Child Succeed in their dance exams! 🌟



The big exam day is almost here, and we're here to help you and your child feel calm, confident, and ready to shine! 🌟🌟

- **Get to the exam half an hour early** – Arriving early gives your child time to settle in, relax, and warm up before the exam starts. 🕒
- **Parents, stay stress-free** – Your calm energy will help your child feel at ease. Keep things light and positive the morning of the exam – they've been working hard! 🌸
- **Breathe** – A few deep breaths can help everyone feel centered and ready to go! 🧘

**Practice at Home** – One of the most important things you can do before the exam is practice! The more confident your child feels with the work, the more confident they will be during the exam. Setting aside time to go over their steps at home will make a huge difference in how they perform. 🏠💪

- **Watch the Hair Bun Tutorial** – Make sure the hair is picture-perfect by following our **hair bun tutorial**. A tidy bun helps your child feel polished and prepared! 💇
- **Check the uniform early** – Double-check your child's uniform **a couple of weeks before** the exam to ensure everything fits and is in perfect condition. 👗
- **Attend Mock Exams** – Mock exams are a great way to get familiar with the exam environment and practice under pressure. Don't miss them! 🎭

With these tips, your child will feel prepared, confident, and ready to showcase all their hard work. No stress – just lots of fun and positive energy! 🌟



# Summer Fete - 25th/26th of May



We can't wait to see everyone there for a fantastic couple of days of dancing, fun, and community spirit! ✨🎵

We're gearing up for an exciting weekend at the **Summer Fete**, and we'd love for all our dancers to be involved! This is a fantastic opportunity to perform, have fun, and be part of our Generation Dance community.

📍 **Rehearsal:** Boroughbridge High School – **Sunday, 25th May**

📍 **Performance:** Monday, 26th May (Approx. 20 minutes)

We'll be learning the dance at the rehearsal. An email with full details has been sent, so please check your inbox.

💰 **Participation Fee:** £3 cash – please bring this on the day.

👟 **What to Wear:** Uniform & trainers.

💎 **Teddy Tombola Donations Needed!** 💎

We're running a **Teddy Tombola** at our stall and would love your help! If you have any **teddy donations**, please leave them at the studio for us. Every donation helps make the event even more special!

## Student Shoutout!

A huge shoutout to **Ava R** from our **Tuesday 4 PM class**! 🎉 Ava has been putting in **fabulous work** preparing for her exam, always working hard in class and picking up steps quickly. Her dedication and enthusiasm shine through, showing incredible potential! ✨

Not only is Ava a fantastic dancer, but she's also a **beam of light** in the studio—always bringing positive energy and a warm smile. We love how she always takes the time to say hello! 🙌💛

Keep up the amazing work, Ava! We're so proud of you! 🎉👏 #GenerationDance #StudentShoutout #KeepShining

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# Tiny Tots Theme – Teddy Bears and Butterflies!



This term, our little dancers will be having an adventure with their favorite teddy bears! We'll be teaching our teddies how to **jump** high, just like we do in class, and even helping them **settle down for a nap** as we practice calming movements. 🧸💤

But the fun doesn't stop there – we'll also be going on a **teddy bear picnic** or two, dancing around with our bears and pretending to share snacks and stories! And of course, we'll be fluttering like **butterflies** through the air, moving with grace and imagination.



It's all about bringing creativity to life through movement, and we can't wait to see all the little teddies and butterflies in class! 🧸🌸

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## Tip of the week...

### Focus on Your Mindset!

Your mental game is just as important as your physical technique. To stay sharp:

- **Visualize** success before you dance.
- **Stay positive** with self-talk like "I can do this."
- **Breathe** deeply to calm nerves.
- **Embrace mistakes** as learning moments.

A strong mind = a stronger dancer!



# COSTUME CORNER

## 👗✨ Costume Corner with Cathryn! ✨👗

Hello, fabulous dancers! It's **Cathryn**, your resident costume wizard, here with some top tips to keep your show costumes looking spectacular!



- 1 Keep them safe!** Once you receive your costume, store it neatly in a safe place—don't let it get lost under a pile of clothes!
- 2 No home fashion shows!** As tempting as it is, please **don't wear your costume at home**—we want them looking fresh and flawless for the stage!
- 3 No names, please!** Do **not** write your name directly on the costume. If needed, use masking tape which can easily peel off.
- 4 Handle with care!** Be mindful of delicate fabrics, sequins, and fastenings—treat your costume like a priceless treasure!
- 5 Check before you go!** Before each performance, double-check that you have all costume pieces, including accessories, tights, and shoes!



Looking after your costume ensures you **look and feel amazing on stage**—let's keep them in tip-top shape! ✨



**Got any costume-related questions?** Drop me a **Facebook message** or comment on my **show posts** in the **Facebook Parent Group**—I'm always happy to help!

💜 #CostumeMagic #StageReady

## Florence Helliwell Shines at the Prima Championship



We are incredibly proud of Florence Helliwell, who recently competed in the prestigious Prima Championship, marking Generation Dance's very first participation in this esteemed event. The Prima Championship brings together the very best dancers in the country, and Florence truly shone.

She competed in three categories, securing an impressive 3rd place in both Ballet and Modern, and won 1st place in Lyrical! Her dedication and hard work have earned her a spot in the finals at Blackburn in August, and we know she will continue to excel. Good luck, Florence - you've worked so hard, and we're all behind you!

# Performer Spotlight: Molly Brown

Did you know that Miss Caitlin's sister Molly is also a dancer. She is currently auditioning, performing and living in London. We asked her a few questions about her experience in the industry and wanted to share them with our dancers...



## What's the best advice you've ever been given?

One of my college teachers — who had worked with *THE* Bob Fosse — once pulled me aside. He told me he saw how much I loved performing, but that there was a spark, a confidence, missing. He said, “Find that spark. And when you get knocked back, remind yourself why you do this.”

That moment stuck with me. Any time I get cut or I'm feeling low, I remind myself: I love performing, I love being on stage — and these knockbacks are just building me up to come back stronger. I was made for this.

## What's your favourite style to dance?

Musical Theatre Jazz — no contest. Give me a good MT tune, pop on a heel, and I'm all over it!

## Where did you train?

I trained at the infamous “School for Stars” — Italia Conti.

## What are your dream shows to be in?

It's hard to pick just one, but my top three would be *Jesus Christ Superstar*, *Cats*, and *Wicked*. Honestly though, if it's a dance-heavy show, I'm there in a heartbeat!

## Who inspires you?

So many people inspire me for different reasons. As a dancer, Autumn Miller truly blows me away — the way she moves is just stunning and something I really aspire to. Acting-wise, Kate Winslet is everything. She's not only my favorite actor, but also a real role model in how she talks about raising young women and body image in this industry. She's honest, grounded, and so powerful — I look up to her every day.

## What advice would you give to aspiring performers?

Be as versatile as possible. The more strings you can add to your bow, the more castable you become. Sing, act, dance in all styles, learn tricks — and if you can add things like aerial hoop or silks, even better. It all adds value to what you can bring to a show.

## What's your favorite thing about dancing?

Cliché or not, it's that moment the lights hit you and you're staring out into the audience. Then the music starts, and suddenly everything else disappears — it's just me and the stage. In the words of Billy Elliot: “It's like electricity.”

Our value of the term: GROWTH



At Generation Dance, we believe growth is more than just improving technique—it's about evolving as dancers and individuals. Through challenging classes, dedicated mentorship, and a supportive environment, we help our students push past their limits and discover their true potential.

Every step, every challenge, and every achievement contributes to their journey of becoming stronger, more confident, and more inspired. Let's make this half term one of progress, perseverance, and personal growth!



# That's a wrap! Let's have a lovely half term everyone!

*Miss Caitlin x*



Remember...

The best way to contact us is via email: [admin@generationdance.co.uk](mailto:admin@generationdance.co.uk)