



EXAM PERIOD AT SCHOOL

Coming into exam season, we understand that school exams and revision are an important priority however, we strongly encourage students to continue with their dancing during this time.

BENEFITS OF DANCING:

Improves Focus and Concentration

Sitting and revising for long periods can reduce concentration. Physical activity like dance increases blood flow to the brain, helping students return to their studies more focused and productive.

Reduces Stress and Anxiety

Exams can be overwhelming. Dance provides a structured way to release tension, improve mood, and manage stress. We will continue to train the students in an encouraging and positive way.

Supports Mental Wellbeing

Regular movement is strongly linked to better mental health. Attending class gives students a break from academic pressure.

Maintains Progress and Confidence

Even short breaks from dance can set students back physically and technically. They miss important teaching which may not be able to be recapped in future classes. Continuing classes helps them retain skills and confidence.

Provides a Positive Outlet

Dance is something students enjoy—it gives them something to look forward to during a stressful time. We know there are added pressure at this time of year and will be there as a positive support.

Promotes Better Sleep

Exercise helps regulate sleep patterns, which are often disrupted during exam periods. Better sleep = better memory and performance.

We understand exam periods can be busy; however, continued payment is required to hold the students place in the class. Without this, we may offer the space to another student on our waiting lists.

We are unable to hold a students' places for an extended amount of time without payment.

We are unable to accommodate selective attendance on specific dates.

Thank you for your co-operation and understanding.