Pips Dance Academy

Your monthly newsletter on all things Pips!

NOVEMBER EDITION

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STAR OF THE MONTH ALEXANDRA

This months star is Alexandra, she is a "silent" ball of energy and commitment! She doesn't demand attention but you cant help but notice her dedication and determination to improve and dance to the best of her ability!!



HOT CHOCOLATE WITH US AWARD

This months hot choc with us goes to arabella carvill for being a star with the musical theatre and tap show dance!!!



THAT'S A WRAP

We've had an amazing month here at Pips! Heres what weve been getting up to



This month our disney group took the stage!! They had such an incredible time performing and watching other performances!!

Heres what one of our Pips
parents had to say "The
choreography was innovative,
exciting and creative. The dance
was performed with style and pips
really stood out with a
mesmerising performance. Thank
you to Scott Maisie and Pippa - it's
a brilliant experience for the
dancers to not just perform but to
also watch all the other
performance groups and spend
the day together.

SUNDAY REHEARSAL

Our next show portals of Pips is getting very close now and we know because our sunday rehearsals have started!! Every class gets a sunday rehearsal before christmas to give them some extra time to perfect their piece





THAT'S A WRAP

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SHOW WORK

Your teachers have been working behind the scenes to make sure that everything is ready for our show!!! Including choosing and ordering your props and costumes! Some of them have started arriving!!





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5 YEAR AWARDS

This month four students received our five year award which is an amazing way to celebrate that milestone in their danc education we couldnt be more proud of: Sophie, Immy, Caoimhe and Millie

BETWEEN THE ROUTINES

Here's a look at all the memories we're making outside of classes

Remembrance day

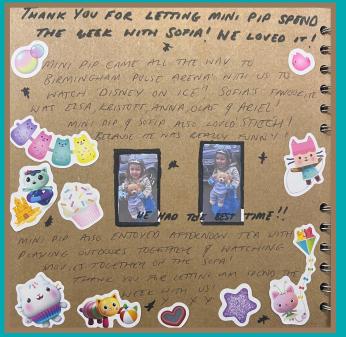
Lots of our pips students came together to honour those who gave their lives at chalfont st peter remembrance day parade!



Mini Pips Journal

Every week mini pip goes home with one of our mini pips students and then we get to hear all about their adventures together!! This month mini pip has been to London and Birmingham with naomi and sophia we cant wait to see what they get up to next!





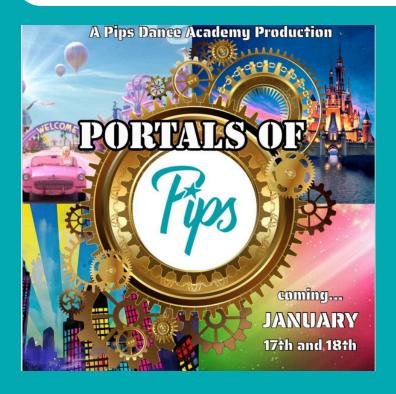
WHATS IN THE WINGS

Events and information

PORTALS OF PIPS

The next Pips show is...Portals of Pips we have loved starting show work and cant wait to see it all come together in January. This is gonna be the best one yet!!

Make sure you've submitted your show forms!!



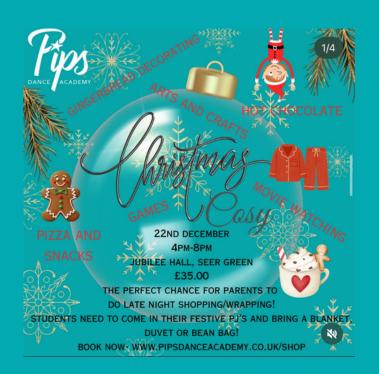






WHATS IN THE WINGS

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IMPORTANT!!

We would really appreciate it if you could take a few minutes to leave us a online review!! Links are attached below, thank you for your support we couldn't do it without you.

<u>FACEBOOK</u>

YELL

Search Pips Dance Academy on Google to leave us a Google Review

We aim to always continue providing the best service and opportunities to our dance families and we use your feedback to do this. If you would like to complete this form so we can help you further, we would be really grateful.

FEEDBACK

CHRISTMAS PHOTO SHOOT

We also have our chirstmas photoshoot coming up on the 6th of December keep your eyes peeled for more info!!



ITS NEARLY TIME...

Order your Pips gifts now to guarantee you get them before xmas!!



IM GRATEFUL BECAUSE...

I like my tap shoes

I like dancing

Pips made this dance academy for everyone and anyone can join

I like learning new dances

the teachers are the best teachers Ive ever been with

Pips are putting on a show

Happy

I like the teachers

I like dancing with the teachers

of the loving and understanding community all the teachers help when you ask for help

I love acro

of the versatility you develop

I love infant combo

PIPS PICKS

The Pips team's favourite things this month

- Az's favourite event this month - Going to winter wonderland
- Charlottes favourite treat this month - cinnamon roll









ONE STEP FURTHER

A little snippet to help you grow as a dancer!!

Dance Term of the Month - Fondu - to melt

plie on one foot bringing your other to cou de pied and the extend both legs at the same time

The importance of using your plie as a dancer:

- allows you to generate power for jumps/leaps
- allows your body to absorb the shock from landing jumps/leaps
- creates levels in your dance making it more visually engaging for an audience

BACKSTAGE WITH PIPS



Interviews with the Pips team

Maisie what is one small daily habit your dancers can start working on steadily now to come back stroner dancers in the new year

"10 rises whilst brushing your teeth to keep your ankles strong"

Molly what choreographer are you feeling inspired by at the minute "James Bamford! Hes a close friend of mine and I will always be inspired by him"

Pippa what advice would you give students when motivation dips in the darker months "Remember why you are there. Yes its cold and you could be snuggled up in bed but you wont improve from there. Have your end game in sight!

Delia how would you advise dancers take care of their bodies and muscles now that the weather is much colder "wear warm clothes whilst stretching an take your time to loosen up the muscles"

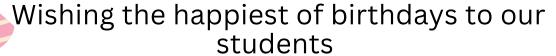
Carly if november was a dance style
what dance style would it be
"Contemporary because
contemporary dance incorporates
sudden shifts in energy and I think
this mirrors Novembers
unpredictable weather"

Ella-Grace, in the US november is a time of thanksgiving what are you most grateful for along your performing journey
"I am thankful for the amazing teachers that inspired me"

Mel what does your dream day look
like this time of year

"When I finish work for christmas it is
to go for a long walk somewhere
pretty stop for a coffee/hot
chocolate and then home for a lovely
meal (ideally one I didnt cook) and a
good film!"

Birthdays this month





Ailsa Harvey
Amber Ayers
Ava Marwixk
Elicia Minoli
Elodie Madden
Isla Weller
Keira Vincent
Lottie Faers
Niah Taylor
Niamh Mackay
Zia Razvi
Zizi-Rose Lockie



If you ever want to talk to someone about your wellbeing or worries, feel free to talk to any of our ambassadors who are always here to help. Pippa is our fully trained designated safeguarding lead and our ambassador team know when and how to raise issues with Pippa. If you are unsure who to talk to, head to pipsdanceacademy.co.uk and meet the fabulous ambassador team along with our inspiring teachers.