Teacher: Ms. Proctor-Nystrom

Phone: 562-3600 ext. 1502

Email: [sproctor@wcpss.net](mailto:sproctor@wcpss.net)

**Website: www.wakefieldhsdance.weebly.com**

Office Hours Office Hours: SMART lunch-Wednesday, PRIDE time-Friday

# “To dance is to be out of yourself. Larger, more beautiful, more powerful.. This is power, it is glory on earth and it is yours for the taking.”

# REMIND 101 1) Enter this # 81010

# *To receive messages/info @ class/performances* 2) Text with message @whscomp18

# Course Objectives

1. To introduce advanced movement through the elements of ballet, jazz, hip hop and contemporary dance while focusing on proper alignment and basic knowledge of the body’s muscles and their movement capabilities.
2. To learn and explore the history of dance through research of choreographer’s different styles and modes of creation.
3. To further develop understanding of the art form through viewing, critiquing, and performing dances.
4. To create choreography with limits and find resolutions to problems through group and solo work
5. To provide an opportunity to develop critical thinking skills through journal writings, notebook assignments, and choreography projects.
6. To gain confidence and insight into your own choreography and technical skills.

# Requirements

1. Proper attire: Dancers must wear clothes that are easy to move in and adhere to the Wakefield HS Dress Code. Dancers must be wearing dance shoes or bare feet, NO street shoes are allowed on studio floor. **Students are required to dress out everyday,** **unless a note from Doctor stating illness.**
2. Tardiness is not permitted, as you will arrive to class on time! You must be through the dance room doors in order to NOT be tardy.

## WHS Tardy Policy

Tardies are now cumulative for all periods, NOT counted per period.

For exam exemptions 3 tardies = 1 absence.

#1-2 Warning

#3-5 Lunch detention

#6-9 Saturday detention

#10-12 ISS & parent meeting with administration

1. Observe proper conduct and respect etiquette in the studio and during class at all times.
2. Costume Fee: **$50**

This will be due the week of **March 12-16**

**The 7 Rehearsal/Class Philosophies**

* I will be on time and enter the classroom with a positive attitude
* I will have the proper materials daily so that I may learn and perform my best
* I will maintain focus on group goals at all times
* I will be a role model to others, leading by example
* I will respect my surroundings, leaving places better than I found them
* I will respect my classmates, my teachers and myself
* I will take pride in the work that I produce

**What I Expect from YOU**

|  |  |  |  |
| --- | --- | --- | --- |
| **Disciplined**  Understand the need for practice and work the entire class time. | **Punctual**  Always be on time for class, rehearsals and performances | **Persistent**  Understand that becoming a great dancer is a process. It takes time. | **Positive**  Attitudes are contagious. Be sure yours is worth catching. Smile and be part of the solution, not part of a problem. |
| **Honest**  Admit your limitation and mistakes. Take full responsibility for your actions and attitudes. Do not lie, cheat or steal. | **Responsible**  You are young adults. Do not wait for me to tell you the obvious. Pick up the trash, wipe your feet, and close the door. | **Well-Behaved**  Follow instructions the first time they are given. Be quiet, attentive and in control of yourself. | **Prepared**  Bring all materials to each class, rehearsal and performance. |
| **Committed**  Realize the impact that your individual attitudes, actions, and performances will have on the group. | **Polite**  Talk to one another, teachers, parents, and administrators with courtesy and respect. | **Mature**  Think before you act and take ownership for your choices. | **Proud**  Remember who you are and what you represent. Take pride in yourself, your school and your dance program. |

**What You Can Expect from ME**

|  |  |  |
| --- | --- | --- |
| **Firm** and **Consistent** in my expectations for each student and for the dance program. | **Fairness** in establishing and enforcing policies and procedures | **Committed** to helping each student grow and become his or her personal best. |
| **Worthy** of your trust. I will continually work to become a better teacher by listening to and learning from others. | **Honest** when commenting on your performance and behavior. I will never tell you something is good when it is bad and vice versa. | **Interested** in you as a person. I enjoy getting to know you and your friends and families. I like hearing about your other interests. |

**Grading Policy**

### First Quarter Second Quarter

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | **Daily Skills Assessment 40%**  **Performances/Projects 30%**  **Skills Tests/Quizzes 20%**  **Homework 10%**  **-------------------------------------------------**  **Total 100%** | **Daily Skills Assessment 40%**  **Performances/Projects 30%**  **Skills Tests/Quizzes 20%**  **Critiques/Homework 10%**  **-------------------------------------------------**  **Total 100%** | |

\* The final grade will be determined by averaging the first and second quarter grades with the final exam that will be worth 20% of the students Final Overall Grade for this course.

### Daily Skills Assessment

Students are given a weekly class skills assessment grade and can receive 20 points per day to equal 100 for the entire week. This accounts for 40% of their final grade in dance class. Upon entering the studio, each dancer will be graded/assessed daily on:

* Warm-up, stretches, and any ab/floor work
* Across the floors, turn combinations, and balance work
* Choreography, group work, and projects
* Daily performances

\* All absences will earn a daily skills assessment grade of “0” for the day you missed. Make-up work can be done for full credit of 20 points on all absences as long as the WHS attendance policy guidelines are followed.

# Performances/Projects

**Each student will be graded on their performances in and out of class.** Numerous projects will be given in and out of class throughout the semester. Some will be written; some will be danced or choreographed. Students will be required to work alone or in a group as specified by each project outline.

#### **Skills test/quizzes**

Skills tests will be given upon completion of different choreographed pieces. Students will be held responsible for knowing the dance choreography and performing in front of the class. Written quizzes will also be given throughout the semester and students will be held responsible for all material that is covered for the quiz.

**Homework/Journals**

Outside assignments will be required on a weekly basis. Topics could be on anything related to dance discussions during class, review of choreography, dance history, etc Assignments are expected to be completed on time.

# Critiques

# Each student will be required to view TWO outside dance performances. A written critique of each performance will be due by the end of the semester, typed, and following the guidelines set of this assignment.

# Final Exam

The final exam will be given during the final exam times scheduled by the school at the end of the semester. This will account for 20% of the dancers’ final overall grade in this course.

**Performances**

**Viewing a Dance Performance-**You must **view 2 dance performance** throughout the semester. They can be from another school, dance studio, or professional company. I will need a copy of the program and a **two page typed** review of each concert. Outlines for these papers can be found on the dance website under Studio A class. I will post any/all concerts that I know for you to attend. You can turn the papers in any time during the semester, but must be done **Friday, June 1st. Seniors will be due at an earlier date depending on when your final exam is for this class.**

**Friends/Family showcase:** We will be having our very first showcase of many student choreographed class assignments on **Thursday, March 15th at 6pm**. This will be an informal setting on stage and free to attend. This is just for our company class and all students will be required to attend.

**Concert Attendance:** The Spring Dance Concert Date is set for **Tuesday, May 15th** with one after school rehearsal on Monday, May 14th from 2:30-5:00pm. **You must attend the dress rehearsal in order to PERFORM in the dance concert**. Dress rehearsal and concert is **REQUIRED** by all dancers who must stay for the entire length of concert and rehearsal.

**Make-Up Work Policy**

1. Students will be held responsible for making up the work on their own time.
2. Students will be held accountable for turning in work that was due the day they were absent, upon their first day back to school, including tests that were prescheduled before the absence.
3. Students who turn in late work will earn a minimum of 70% of the grade you WOULD HAVE received had assignment been on time. Example: You would have made a 90, work was late, grade is now 70% of the 90 which equals 63.
4. Work that is on time and meets the minimal requirements of assignment will receive at least 50%.
5. NO LATE WORK will be accepted ONE WEEK before the end of the quarter PERIOD.

**Attendance Policy/Exam Exemptions**

1. All students must turn in note from a parent to the attendance office (not the teacher) within 48 hours of absence in order for absence to be excused.
2. In order to be exempt from exams, students cannot have ANY unexcused absences.
3. If all absences are excused, the exam exemption policy is as followed: 3 absences and A, 2 absences and B, 1 absence and C.
4. Unexcused tardies will count towards unexcused absences and exam exemptions for the class in which you are tardy. 3 tardies = 1 absence, therefore not excusing you from taking the exam.
5. **All students participating must be present for the ENTIRE DAY in order to participate in activities, performances, or practices, except where specifically exempted by a physician**.

**WHS Honor Code:**

**The students of Wakefield High School are committed to being honest and responsible in the completion of academic materials and interactions with the school administration and community. Cheating, stealing, plagiarism (passing off another's work, words, or ideas as one's own), and lying (including willful distortion or misrepresentation) are considered violations of the Honor Code.  Through a joint fulfillment of this code, students and faculty will achieve their fullest potential in academic excellence and character.**

I am excited to be working with each and every student this year! Please feel free to contact me at any time during the semester with questions or concerns.

Ms. Shannon Proctor-Nystrom

##### 2018 Spring Semester Dancer Contract

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dance Class:\_\_\_\_\_\_(Period)

**Parent Information**

**Father’s Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mother’s Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I have read the course syllabus and understand the rules, policies, course requirements, and outside performance commitments for my participation in the WHS Dance program.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature Date**

**I have read the course syllabus for dance including the rules, regulations, outside performance commitments, costume fee, and course requirements for the WHS Dance Program. I have discussed these policies with my child and fully understand the grading policy and consequences if my child does not abide by the class rules and assignments.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent or Guardian Signature Date**

**\*Please have these signed and turned in by Wednesday, January 31st.**