



The Right Step Dance Company

NEWS LETTER 2023



WELCOME to our latest newsletter. This year TRS has been thriving. We've done lots of training and social events, and we've enjoyed every minute...

CLASS OF THE YEAR! Brand new for 2023 because this class have wowed us so much this year... Our star class of the year is Cheer Dance Club at Palace Wood Primary School! Erica is so proud of this class and is always sharing how hard they work to improve. This year they've worked on stretching, formations and jump drills, among many other things! Well done Cheer Dancers!!



Victory House
Care Home



Class of the Year: Palace Wood
Primary's Cheer Dance Club

THE TRS TEAM has had a big change this year. Georgie, the South Kent franchisee, has moved onto new challenges. We all miss her very much and wish her the best of luck. She was with TRS for almost a decade and, in that time, achieved so much. We also said goodbye to Lizzie and Karyna who are out performing, Lou who has moved into yoga full time and Ellen and Kirstie H too. We were pleased to welcome Emily, Meg and Olivia who are all 'part of the furniture' already. Wendy joined us briefly and, we're sure she'll be back again soon!

We're celebrating Georgia's **10 YEARS WITH TRS!** Georgia is our Adult Dance Co-ordinator and a Level 3 TRS Teacher, but most of all, she's Rebecca's right hand lady. Always there to help and support all of us with such a good heart. Thank you for everything you do for us Georgia!

CORONATION CELEBRATIONS were a big hit with all ages. Active Armchairs Facilitators brought pomp and circumstance to their sessions with songs such as Diamonds are Forever and King of The Road. Props included Union flag frisbees plates and blue, red and white scarves. Georgina brought 'I Just Can't Wait to be King' to Kingswood village, Kirstie's dancers at Ellington Primary explored Guards and Soldiers and Steephill School enjoyed learning about the symbolic coronation items in their Educating Dance lessons with Jenny.



Kingswood Beavers



Nutrition with Icon
Theatre



Georgia in her
first year with TRS at
Dance on The Pier



Erica (2022 winner) and
nominees, Lara and Meg at
Educating Dance Training

TRS TEACHER OF THE YEAR 2023 nominees were announced in our All Hands Meeting and the nominees are Josie, Meg and Lara!! Three wonderful team members who are all very deserving. Last year's winner was Erica, who has continued to have a fantastic year full excitement such as at the Santa Fun Run, training and Active Armchairs. The 2023 winner, voted for by TRS Teachers, will be announced at the TRS Teachers' Christmas meal and on social media.

EDUCATING DANCE has been really busy again this year. As well as our regular lessons there have been lots of events including Jenny's beach themed lessons at Lansdowne Primary and Book themed workshops with Lou at City of Rochester School. We took Educating Dance to Icon Theatre's holiday clubs where Jenny delivered a Nutrition theme and Kingswood Beavers invited us back again for Bollywood and Capoeira! Meg visited Selstead Primary with topics including inventions and learning about me. Kirsty and Cara are currently visiting Martello Primary every week with various dance styles including The Charleston and Bollywood. And all this is just a snapshot. The TRS Teachers love Educating Dance!



Nominee, Lara facilitating
Active Armchairs



Nominee, Josie and
Erica (2022 winner) in
our team photo

We would love to hear from you...

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BOOK WEEK was huge this year. We visited 7 schools and over 2000 children were involved. Props were really exciting this year. Jenny made a jungle prop for Balfour Infants' Rumble in the Jungle lessons, Josie took our new 'Loobular Lake' to Harrietsham Primary for The Smeds and The Smoos with Year R and Rebecca made 'seaweed' out of lycra for Dolphin Boy with Year 6. There were magic spot lilly pads, masking tape boats, strange objects in a tactile bag, globes and the most amazing potato and pea papier mâché props you've ever seen! It was exhausting and completely worth it!!



Age UK Sheppey
'Return to Sender'

ACTIVE ARMCHAIRS has, as always, been a lot of fun and this year themes included Communication (Lara brought envelopes with words in them for the group to 'Return To Sender', Transport (Jenny even made little 'tickets to ride'), and Halloween (Rebecca held 'wand school' at Fort Horsted). Erica facilitated two Intergen sessions for Rochester Care Home and St Andrew's School and they were a huge success. Jenny visited NHS Retirement Fellowship for an event entitled Just Dance and said "I honestly was blown away with the welcome and joy the session brought to me and the participants."



The Highway Rat at
Balfour Infants School



Supertato at
Harrietsham Primary

ULCOMBE DANCE SQUAD devised, choreographed, rehearsed and performed their own dance with Georgina. This is their weekly dance club, but they named their group and got really stuck in!



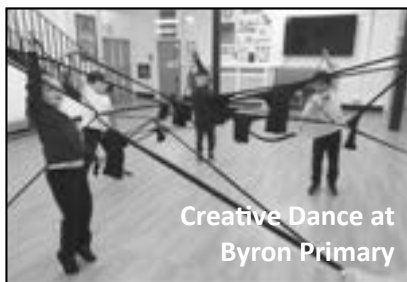
Educating Dance Training



Ulcombe Dance Squad

TRS TRAINING has been extra special this year because Georgia did some amazing fundraising for us and we've been able to provide huge discounts for all the TRS Teachers. Behaviour Management and Assertiveness Training has given dance teachers confidence, Educating Dance was a huge amount of fun that has inspired TRS Teachers in all their lessons and Adapt and Inclusive Practice Training gave us our golden plans and the tools to be ready for anything! We're looking forward to continuing this in the New Year.

DANCE CLUBS inspired by Dancing in the kitchen, Zombies, The Circus and many more have taken place all over Kent. New lessons have started and there have been lots of performances too. Halloween was a recent favourite with strange props like tights and wands!!



Creative Dance at
Byron Primary

THE SANTA FUN RUN is something we take part in every year. We go along and warm up the fun runners who are dressed as Santa! Run by Rotary Club of Medway, the fun run supports the Rotary Charities and is hilarious fun! You can get involved with the 2023 fun run now, take a look at their website. 2022 was the most bizarre and authentic yet... it snowed!



The Santa Fun
Run 2022

HOLIDAY CLUBS included Educating Dance and Fun Fitness this year. Lara visited the young Rockstars at Easter and they enjoyed finding their inner rockstar and learning how to move confidently on stage. We worked with Icon Theatre to deliver Nutrition themed dance lessons and Kirstie visited Inclusive Sports in December and her Elf went too!

NATIONAL SPORTS WEEK saw us delivering high paced, upbeat lessons such as Fun Fitness and Dance Fit. Jenny visited Rochester Independent College for Dance Fit and Rebecca popped into Gravesham Civic Centre and had everyone dancing in their chairs!



Dancing at Gravesham
Civic Centre!



The Rockstar Experience

KEEP UP TO DATE THROUGHOUT THE YEAR...

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**It's been a wonderful year
and we can't wait to be
back dancing with you
through 2024!**