

# GOHS DANCE SYLLABUS 2023-2024

## **Mrs. Criscimagna's Contact Information**

The best way to contact me is by email. I will check my email periodically throughout the day and respond to all emails within 48 hours of receipt. My phone number is (951) 294-6450, ext. 23104, and my TVUSD email is [acriscimagna@tvusd.us](mailto:acriscimagna@tvusd.us)

## **Dress for Success!**

Here are some basic guidelines that will help you to succeed in Dance. Your cooperation will result in a dance class that is professional and prepared to get the most out of this experience. All students are required to dress out **every day** for Dance, unless instructed otherwise.

### What to wear (Upper body)

- A **SOLID red, white, navy, black or gray t-shirt** (no patterns, writing, stripes or designs on the shirt, it must be a plain t-shirt).
- A **red GOHS PE t-shirt (\$11.00)**.
- **GOHS Red Wave/Class shirt** or spirit pack shirt.
- **Great Oak organization shirts** may be worn, but must be in **school colors** (red, white, navy), or black or gray.
- **Activewear (lycra/spandex) tank top** in red, white, navy, black or gray

*Please note the following:*

- **Shirts MUST cover waist while dancing/lifting arms. NO CROP TOPS!**
- *No "wife beater" shirts or other tank tops (must be lycra/spandex/activewear).*
- *No camisoles (camis) or shirts with spaghetti straps.*
- *No coats or sweaters. You are encouraged to bring sweatshirts, long sleeve tees or hoodies in our 5 colors when weather gets colder.*
- **Shirts that expose too much cleavage, hang off your shoulder, or reveal your stomach, bra or the sides of your body are a Non-Suit.**

### What to wear (Lower body)

- Leggings and/or yoga, jazz, or capri pants in **SOLID red, navy, white, black, or gray**.
- **GOHS PE Shorts (\$10). NO OTHER SHORTS ARE ALLOWED.**
- Only Intermediate and Advanced Dance students are allowed to wear jazz shorts (in red, navy, black, or gray). **Tights must be worn underneath or it is considered a non-suit. No shorts are allowed without tights underneath!**
- **No skinny jeans/jeggings! No writing, holes, studs, etc.**
- Please let Mrs. Criscimagna know if there is a financial concern preventing you from getting your Dance/PE clothes. We can assist students who need help with purchasing their clothes.

## Shoes

- **State Health Codes require that you always wear shoes to class from the locker room.** Once in class, you may dance in socks, “foot undies” (the little half-sock), ballet shoes, jazz shoes, or tennis shoes if we’re dancing outdoors or doing hip hop..
- All dance students should bring a pair of tennis shoes to keep in their gym locker. We’ll dance outdoors at times, weather permitting, and students will need tennis shoes.
- For class/performance, it is recommended that dancers wear black or tan jazz shoes. Shoes can be purchased online, or in dance retail stores. **Dancing in flip flops or street shoes, which can lead to injury, is not allowed and is considered a Non-Suit.**

**Please: NO GUM, FOOD, OR DRINK IS ALLOWED IN THE DANCE STUDIO**  
**(except bottled water)**

## Non-Suits/Loaners

- Students who forget their P.E. clothes may check out freshly laundered loaners with their ***student I.D.*** card (or 5 Star app) from the PE Equipment Room/Ms. Sinclair.
- All loaners must be returned at the end of class that period. If loaners are not returned, students will lose loaner privileges.
- Students have **unlimited loaners!** Please note that students are **not** to get loaners for friends (doing so will result in a referral and losing your loaner privileges).
- **Unlimited loaners means there is no need to get a non-suit : )**
- **A Non-suit means you lose your participation points for that day.** Points lost due to non-suits cannot be made up.
- **The 1<sup>st</sup> non-suit is considered a “warning”;**
- **The 2<sup>nd</sup> non-suit is a parent contact by phone or email.**
- **The student will go to PBIS on the 3<sup>rd</sup> non-suit, to complete a Reflection on why they are not dressing out.**
- **The 4<sup>th</sup>-6<sup>th</sup> non-suits will result in a disciplinary referral and a detention.**
- **The 7<sup>th</sup> non-suit will require a meeting with your counselor, teacher, and parents.**
- **The 8<sup>th</sup> non-suit results in an F grade and being dropped from the class.**

## Attendance and Participation

I base my grading system on **attendance and participation** (10 points per day for attendance, dressing out, effort), with additional points earned for **technique** (performance-based assessments on technique and choreography projects, technical progress, ability to make corrections), and **occasional written assessments** (quizzes and tests). This system of evaluation focuses on individual strengths regardless of prior dance skill, so that **every student can succeed in dance!**

## Grading Policy

This system is based on a percentage scale and will be used for all grading periods.

- 90% of total points or above = A
- 80-89% of total points = B
- 70-79% of total points = C
- 69% of total points or lower = Failing

## Tardies

- Students are expected to be in the locker room when the tardy bell rings. The door will be locked and you'll be marked tardy if you're not in the locker room when the bell rings.
- You have 5 minutes to dress out; if the dressing bell rings and you are not dressed and out of the locker room you're tardy. You can also be considered tardy if you are not in the dance studio/at the door after the tardy bell has rung. There will be participation point deductions (-5) for tardies beyond 15 minutes.

## Absences and Makeup Work

Per district policy, make-up work for absences must be submitted within three days following the absence/injury. However, please contact me if you feel there's a circumstance that justifies an extended deadline, such as a medical excuse that prevents you from completing a physical assignment.

## Excused Medical

- Please DO NOT come to school if you are feeling ill! Every student is expected to complete the daily Health Screening.
- If you are injured, your parents may excuse/modify your participation for up to three days by sending a written note to school with the student or by emailing me directly.
- After three (3) days, a doctor's note will be required. The doctor's note must include the dates in which the student is excused from participation in class and a date of return to activity and any modifications to activity.
- Students should still dress out when possible, and the activity will be adjusted accordingly.
- Safety is everyone's concern. If you are injured or become ill during class time, it is essential that you notify me immediately.
- **Doctor's Notes:** must be given to our site nurse for clearance. The nature of the physical limitations from the doctor MUST be clearly stated on the note, i.e. what is the exact injury, and what are the instructions or limitations for return to physical activity. If there is a "NO PE or Dance" for more than 2 weeks, an action plan can be developed that meets the needs of the student. Any injury or medical excuse lasting longer than 20 school days (1 month) may result in being dropped from the class with a medical waiver.

## Locks and Lockers

- Each student is required to have an assigned lock and locker.
- **Sharing locks or lockers is not allowed!**
- Non-GOHS locks will be cut off.
- **During P.E./Dance class time only**, you will use a larger locker available to the right of your assigned locker to secure personal belongings including backpacks. Upon changing back into your street clothes at the end of the period, you must clear out the larger locker and place your PE lock back onto your assigned, smaller locker.
- **Leaving your lock on the longer locker OR leaving personal belongings unattended or unlocked in the locker room may result in a referral – or worse - loss or theft! GOHS and the Physical Education Department are not responsible for lost or stolen items.**
- At the end of each semester, lockers must be cleared of personal belongings and the lock must be returned in good working condition. If the lock is lost or not in good working condition there will be a replacement fee of \$13.00. You are responsible for clearing everything out of your locker at the end of each semester. If you will be absent (due to injury, illness, vacation, etc.) make arrangements to retrieve the items from your locker or they will be thrown away or given to charity at the end of the semester.

## Electronic Devices

Cell phones and/or any other electronics **are only to be used during class for educational purposes at the invitation of the teacher. Please do not bring electronic devices to class unless invited to do so. Thank you!**

*I look forward to getting to know each of you while helping you to achieve your potential in dance! Please feel free to contact me by voicemail at (951) 294-6450, ext.23104 or by email: [acriscimagna@tvusd.k12.ca.us](mailto:acriscimagna@tvusd.k12.ca.us)*

*Mrs. Criscimagna*

**Please sign and return this portion of the syllabus to your instructor:**

***I have read and understand the expectations for Dance.***

***Student Name (print your name):***

***Student Signature:***

***Date:***

***Teacher: Mrs. Criscimagna                      Period:***

***I have read and discussed the Dance syllabus with my child.***

***Parent Signature:***

***Date:***

***Parent Contact Number(s) in case of emergency:***

***Parent email:***

***Medical Conditions:***

***Previous Dance Experience: Please list what styles of dance you have studied, and where (are you currently taking dance outside of school?)***

***Why did you decide to take Dance this year?***

***Clubs: Please list any clubs or teams in which you participate:***