

April 28<sup>th</sup> 2023

Dear MFDA Parents/Guardians,



THE FITNESS PROFESSIONALS

**REFERENCE: IMPORTANT INFORMATION ON RAD EXAM/AWARDS**

As we approach the final day of exams before Ms. Jenkins from the Royal Academy arrives in Accra; we would like to highlight some important reminders.

They are as follows:

- **PLEASE BE SURE THAT YOUR DAUGHTER ARRIVES AT LEAST 45 MINUTES BEFORE HER SCHEDULED EXAM TIME.**
- **PLEASE CROSS CHECK AND DOUBLE CHECK YOUR DAUGHTER'S EXAM TIME AND DATE. THE INFORMATION IS POSTED ON THE BULLETIN BOARDS IN THE GYM AS WELL AS VIA EMAIL. THIS IS YOUR RESPONSIBILITY.**
- **PLEASE ENCOURAGE YOUR DAUGHTER TO PRACTISE, PRACTISE, PRACTISE AT HOME. THEY KNOW THE WORK AND THE MUSIC IS ALL ON YOUTUBE!**
- **PLEASE BE SURE THEY ARE IN A TIDY AND CLEAN UNIFORM, WHICH INCLUDES THE CORRECT, LEOTARD, TIGHTS (WITHOUT HOLES AND LADDERS), SOCKS THAT ARE PINK, SHOES, SKIRTS (WHERE APPLICABLE) AND NO JEWELRY.**
- **UNDERWEAR MUST NOT BE SHOWING THROUGH THE TIGHTS OR THE LEOTARD. WE RECOMMEND IT IS NOT WORN FOR THE EXAM ONLY.**
- **HAIR: IS TO BE IN A TIDY NEAT BUN WITH ABSOLUTELY NO PINK HEAD BANDS FOR THE EXAM. GIRLS ARE TO REMOVE ALL HAIR BEADS AND BAUBLES!!! TIP: USE HAIR SPRAY TO HOLD THE BUN.**
- **GIRLS ARE TO REMOVE ANY NAIL POLISH AND NO MAKE UP IS TO BE WORN ON THE DAY OF THE EXAM.**
- **GRADES 3 AND 5 MAY BRING A PERSPIRATION TOWEL IF NEEDED.**
- **PLEASE REMIND YOUR DAUGHTERS TO ENJOY THEIR EXAM/AWARD AND TO SMILE AND RELAX.**
- **FINALLY MAKE SURE THEY HAVE A GOOD SLEEP THE NIGHT BEFORE AND ARE TOLD THAT THEY HAVE DONE SUPER WELL TO GET TO THIS POINT 😊**

We wish all our students the very best and thank you as always for your support and co-operation.

Pippa and Team.