



PIPPA'S
Health Centre Limited

THE FITNESS PROFESSIONALS

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THE MANDY FOUR ACRE DANCE ACADEMY NEWSLETTER

DECEMBER, 2017.



A CHRISTMAS MESSAGE FROM MRS. PHILIPPA PEPERA

Dear Parents and MFDA Students,

On behalf of all the team at Pippa's and MFDA we wish you a Very Happy, Healthy and Holy Holiday Season. We thank you for your continued support and loyalty throughout the year(s) and look forward to seeing you again in 2018. May we all be blessed with the peace, joy and love of the holiday season, now and always.

Please take the time to read this newsletter. It is important and will keep you up to date. Lastly, check the website regularly. Everything you need to know is on our website: www.pippasfitness.com

Should you have any concerns or suggestions please contact us on mfdaoordinator@gmail.com or pippa@pippasfitness.com.

Alternatively, kindly call us on 0302 224488.

NANNIES AND DRIVERS/ BATHROOM USE FOR PRIMAS

Nannies and drivers are **not permitted** in the lounge area of the club. This is a private facility and accessible to **Members and Parents ONLY**. Nannies and Drivers are asked to wait in their cars or at the front reception. Please note the staircase and hallway is a NO WAITING ZONE FOR ALL. **Also nannies should please ensure that all Primas use the wash-room and wash their hands BEFORE their class starts.**

RECYCLING AT PIPPA'S

You can now deposit all your plastic bottles and containers in the recycling bin located across the street from our facility to help preserve our environment!

TUMBLE TOTS

Pippa's Health Centre offers a soft play activity every Monday, Wednesday and Friday morning from 10am to 12pm for children between the ages of 1 & 3 years. Please see our website for more information.

PAYMENTS & UNIFORM ORDERS

Term 2 invoices have been sent via email. The deadline for payment of fees and the order of uniforms is

SATURDAY, JANUARY 20TH 2018

After this date, a 15% penalty will be charged for all late payments and no uniform orders will be ordered after this date. Fees once paid are not refundable.

Parents should ensure their wards are always in the standard MFDA/RAD regulatory uniform. **Uniform order forms should be downloaded from the website and returned to the Front Office with full payment. Orders will be supplied within two working days.**

CHRISTMAS BREAK

The Academy will be going on a break for the Christmas Holidays from

Saturday, 16th December, 2017 to Sunday, 7th January, 2018.

Classes will resume on **Tuesday, 9th January, 2018.**



THE MANDY FOURACRE DANCE ACADEMY

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GROOMING/PUNCTUALITY

As part of the MFDA policy it is mandatory for all students to have their hair tied in a **very neat and tidy ballet bun, off the face**. If the hair is not long enough for a bun but it is not short, then a pink ballet hair band is required to keep the hair neatly off the face of the dancer. **No jewelry** should be worn in class.

We kindly ask that you are on **TIME!** This is all part of the discipline and helps to maintain the standard of dance that we offer at MFDA. It is extremely disruptive for both students and teachers when a child is consistently late. Dancers who are more than **10 minutes late will not be allowed** into the class. If you are going to be late, please let us know in advance and if you are going to miss class please call. Please note, a student who misses three classes in any one term without informing the MFDA Coordinator will be asked to reconsider their commitment to dance.

PIPPA'S HEALTH BAR

Have you visited our Health Bar yet?

Pippa's Health Bar is open to parents and students and has a nice variety of snacks and drinks available. The menu has been selected with consideration being given to low sugar and fresh produce. This is a great opportunity to introduce your children to healthier options of snacks and drinks.

Try a treat today!!!

WELCOME MS. LIBBY & GOODBYE MS. JOANA

The Mandy Fouracre Dance Academy is pleased to welcome it's New Head Teacher , **Ms. Libby Nicoll** as it bids farewell to her predecessor, **Ms. Joana Veloso**. Ms. Libby is also a **certified RAD Teacher and mentor with fifteen years of teaching experience from all over the world**. The MFDA is so delighted to have her join the team.

REFER TO WEBSITE!!!!

Parents should refer to the website for all MFDA news. All newsletters, timetables, calendars, rules of conduct & other important letters will be placed on the website. It is therefore your responsibility to check the website regularly for all our updates.

PIPPA'S ONE YEAR MEMBERSHIP PROMOTION

Our best promo of the year is here again! Buy a One Year Membership for the discounted price of GHC 3.990.00 and you will also receive a free pair of ankle weights or a fitness ball as well as a free 15 minute Shiatsu massage!

SIGN UP AT THE FRONT OFFICE TODAY!

DONATE TO THE HIGH STANDARDS GIRLS SCHOOL

At the beginning of every academic year, Pippa's Health Centre advertises the profiles of some of the students from the **High Standard's Girls School in Tamale** who are in dire need of financial sponsorship for their education. This year, we have **23 girls** who require assistance. We are humbly entreating all parents to kindly help sponsor a girl for either a term or for the school year to guarantee they get access to a quality education. **MAKE YOUR DONATION AT THE FRONT OFFICE TODAY!**



CODE OF CONDUCT

- Parents & Members: Do not enter studio when classes are in progress.
- All children must wear the stipulated **RAD** uniforms for **Ballet and Jazz**. Ballet Shoes are optional for PRIMA 1 classes only. Outdoor shoes are not allowed in the dance studio. **Dance shoes are not to be worn outside.**
- All food and drink may be purchased and/or consumed at the health bar **ONLY.**
- Children are to be supervised **AT ALL TIMES.** Parents are responsible for the behaviour of their child/children before and after classes.
- Children waiting to be picked up must wait in the main reception area.
- No smoking is allowed on the property.
- All Children must use the Children's Toilet & Changing Facilities provided upstairs opposite the dance studio.
- The Cardio gym and Main gym are out of bounds for Children.
- Management is not responsible for any damages or injuries while on our premises.
- We are not responsible for articles lost or stolen. Students carrying mobile phones are advised to keep them in their bags and in the dance studio on SILENT.
- Care and respect must be taken when using our facilities.
- We reserve the right to dismiss any child and or parent who does not abide by MFDA rules & regulations.
- No **REFUNDS.** A 15% late fee will be added to all late fees.
- Students who miss 3 consecutive classes without informing the MFDA Coordinator will be asked to reconsider their commitment to dance.

All MFDA Info & Activities will always be posted on the website www.pippafitness.com and the notice boards. Please check regularly.

* For further assistance, please **inquire at the front reception***

