

# 2023 MKS Dance Concert Packet

## — QUICK CHECK LIST —

- ☐ **Read this Dance Concert Packet** & Mark Your Calendar!
- ☐ **Receive Costume(s)** during handout weeks! Costumes only to be worn for photos & Dance Concert week/end! **Hang up and/or steam costumes & write your name in/on EVERYTHING!**
- ☐ **Get any needed items – TIGHTS, SHOES, leotards, etc.** See your class **Costume Information Sheet** on the [DC CLASS HUB](#) to get the correct type/color. Take advantage of the **coupon** on the Costume Info Sheet or at our Front Desk. **Write your name in/on EVERYTHING!**
- ☐ Sign up online to be a **Class Volunteer** and/or part of the **Check-In Crew** by logging on to your [MKS Parent Portal](#) > on the main page scroll down to the Volunteer button then follow the links & [Reserve your seats here!](#)
- ☐ Attend one **Class Volunteer/Check-In Crew Meeting** on **Sat 5/6 OR 5/13, 1:15-2:00pm at MKS in Studio A** if you are signed up.
- ☐ Attend **Finale/Final Bow Rehearsals @ MKS - Sat 5/6, 5/13, 5/20, or 6/3 in Studio B/C**  
Finale is the big production number at the end of each show, and then all students will bow!  
**FINALE 12:30-2pm** (All IG/GL/IL/AU3&4 Finale participants) -  
Attend 2 of 4 dates, Dress Code - dance class attire with Ballet or Jazz shoes  
**FINAL BOW 1:15-2pm** (All LS/SH/SP/AU1&2 dancers & all older students not in Finale) -  
Attend 1 of 4 dates, no dance attire needed, i.e. shorts & t-shirt with bare feet is just fine :)
- ☐ **Attend Class & Practice! Practice! Practice!** If unable to come to a class, please let the Front Desk know & schedule a make-up if possible. And visit our [2023 DC CHOREO & MUSIC HUB](#), which will take you to a **Google Drive Folder** your class **Song Files & Videos for practicing!**
- ☐ **Photo Nights at MKS on Mon 5/8, Tues 5/9, Wed 5/10, Thurs 5/11** - No PM classes, and AM classes are still in session. Friday & Saturday classes are also still in session as usual this week. The [2023 Dance Concert Photo Schedule](#) is on our Dance Concert page!
- ☐ **Attend Mandatory Dress Rehearsal(s) & Dance Concert(s) at Fort Zumwalt West HS**  
See the [Dance Concert Show Schedule](#) for dates & times.  
*Arrive with hair and make-up done & in a cover-up with proper tights, costume in a garment bag or white trash bag. Pack a nut-free, non-messy snack & water too.*
- ☐ **NO new ear piercings, colored manicures, sunburns, or major haircuts prior to the Concert!**  
Studs that cannot be removed must be covered with band-aids to avoid injury.  
We will also have clear plastic tiny spacer-studs that can be used instead of band-aids.  
All nail polish will be removed - please no gel nails. Sport-length french manicures okay.
- ☐ **NO NUTS!** For the safety of all of our students, the Dance Concert is a NUT-FREE ZONE!
- ☐ **Dance Concert T-Shirts** – Our [WEBSTORE](#) was open thru 4/19, with delivery early June! It will open again during Dance Concert Weekend! More details to come...



**So excited to see the Dancers SHINE!**

# STUDENT/PARENT INFORMATION – Please read carefully!



## CLASS ATTENDANCE

Class attendance is VERY IMPORTANT this time of year as the dancers prepare dances for the concert. Please make every effort to be at all classes! It is difficult to make up for lost time, and since the dancers are practicing in their formations, it is most helpful to have **all members of the dance participating each week if possible**. Please call or email the Front Desk if a dancer does need to miss class, and we are happy to help schedule a make-up class!



## COSTUMES HANDED OUT @ MKS

**IGNITE/GLOW/ILLUMINATE/AURORA 3 & 4**

Mon 3/20 - Sat 3/25

**LITTLE SUNBEAMS/SHINE/SPARK/AURORA 1 & 2**

Mon 4/17 - Sat 4/22

- Parents are invited to come to class these weeks!
- Costumes will continue to be handed out through May as needed.
- Please hang up and/or steam costumes as needed.
- Costumes are only to be worn for photos & Dance Concert week/end!
- **Write your name in/on or label EVERYTHING! All costume pieces, shoes, tights, etc.**
- **Costume Information Sheets** can be found in your [Parent Portal](#) under "Costumes" or on the DC page of our website - <https://mykingstudio.com/costume-sheets/>



## CLASS VOLUNTEER & CHECK-IN CREW SIGN-UPS @ MKS Front Desk

### What is a Class Volunteer & the Check-In Crew?

A class volunteer (also known as a "Backstage Mom" or "Wardrobe Mistress") is a mom - or aunt, or grandma, or sister, etc. - who helps out backstage. It is a great way to be involved and share in this exciting experience with your child!

The Check-In Crew helps to facilitate the drop off process for families at the Check-In Table.

### Will I be able to see my child dance if I am a Class Volunteer?

YES! You **will** be able to see your child's dance even if you help during their show! The way it is organized, your class will be with a runner a couple dances before your child goes onstage. You have plenty of time to go to the auditorium to see your child dance (and in the Front Row)!

### Class Volunteer/Check-In Crew Informational Meetings at MKS in Studio A - Sat 5/6 or 5/13, 1:15-2pm

Attend just 1 to find out more about being a Class Volunteer or part of the Check-In Crew!



## PHOTOS @ MKS - Mon 5/8, Tues 5/9, Wed 5/10, Thurs 5/13

**DATES:** Please see your [Costume Info. Sheet](#) or the Photo Schedule for your child's day/time.

**No classes will be held on these 4 evenings. All Morning, Friday, & Saturday classes are still in session.**

**We want to include all students in our class photo!** If you have a conflict that cannot be avoided, please let us know ahead of time - email [my\\_king\\_studio@hotmail.com](mailto:my_king_studio@hotmail.com), call 636-978-3321, or stop by the Front Desk.

**ORDER INFO:** Check your email for proofs & order information from Trotter Photo AFTER photos are taken. Please note, Sibling/Friend photos are allowed in addition to individual photos!

**TIME:** Arrive at MKS 10-15 minutes prior to your scheduled picture time with your dancer dressed and ready to go. This allows time for you to apply touch-ups as needed.

**MAKE-UP & HAIR:** NO stage make-up! Use regular, if any, make-up for photos. Hair can be done however you would like. These photos are for you, so feel free to do hair in curls or cute up-dos, etc.

**COSTUME:** Students should arrive in their costume, ready for the photo 10-15 minutes before your class photo time. Please remember to wear your assigned tights (**see your [Costume Information Sheets](#)!**)

## DIRECTIONS TO DANCE CONCERT VENUE

- For Dress Rehearsals & Dance Concerts -

### Fort Zumwalt West High School Auditorium

1251 Turtle Creek Drive, O'Fallon MO 63366



From My King Studio/Bryan Valley Plaza...

1. Turn Right onto Bryan Rd.
2. Turn Left onto Mexico Rd. at the light.
3. Turn Left onto Turtle Creek Dr. at the light.
4. Turn Left into the School parking lot.
5. The auditorium is to your Right/North and toward the athletic fields.
6. Entrance for students is down around the right/back of the auditorium

### LAST MINUTE REMINDERS:

- Mark all items with your dancer's name/initials!
- Allow enough time to get there, park, and check in.
- Eat before and/or pack a nut-free, tidy snack & water bottle.
- **Please arrive with hair & make-up done, correct tights, shoes, and all costume pieces.**
- Call 636-978-3321 with any questions.
- Get ready to have FUN & dance for Jesus!

## DRESS REHEARSAL & DANCE CONCERT GUIDELINES & EXPECTATIONS - p. 1 of 2

Everyone must arrive at FZWHS in FULL hair and make-up, with all costume pieces, shoes, etc.

### HAIR, MAKE-UP, NAIL POLISH, & JEWELRY

- **Hair and make-up should be done before arriving.**
- **NO BANGS:** All bangs and wispy stray hairs need to be secured tightly off the face with hair-colored clips and a lot of hairspray and/or gel.
- **Bun Instructions (if applicable):** See the bun-making sheet in this packet for details.
- **Suggested hair product:** Got2B Brand – “Got2B Glued” (in a black or yellow tube) for patting on fly-aways or frizzies and washes out easily!
- **Hair decorations:** must be secured tightly with bobby pins or clips.
- **Stage Make-up for girls:** The bright stage lights will wash out skin color and facial features without stage make-up. See the make-up sheet in this packet for more details and watch the Make-Up Demonstration video online on the Dance Concert page of the MKS website. Visit [www.BAstar.com](http://www.BAstar.com) - see the make-up sheet in this packet (below) for more details. This is stage make-up and is offered at a great price!
- **Stage Make-up for boys:** Please apply some cheek color with a touch of lip color as well, so that their facial features are not completely washed out under the bright stage lights. There will be someone available at the concert to help with this.
- **NO COLORED NAIL POLISH!** Remove all colored nail polish and gel nails from fingers (and toes if the performer will be barefoot) before bringing them to the auditorium. Clear polish or sport-length french manicures are allowed.
- **NO JEWELRY!** Please leave Jewelry and other valuables at home for safe-keeping. New studs (or studs that cannot come out if the holes will close) must be covered with small, flesh-colored band-aids or we will also have clear plastic tiny spacer-studs at no charge that can be used instead of band-aids.
- **NO GLITTER!** No Body, Hair, or Make-Up Glitter.

**DANCERS** - The dancers will be in their assigned backstage dressing areas with their class volunteers during the show. All dancers need to stay until the end of their show(s) for the Finale/Final Bow. If your child has an activity that they like to do while waiting backstage (games, puzzles, or other mess-free activity), please send it with your child.

**FOOD** - Please have your child eat before arriving and send a tidy sack “lunch” or mess-free snack for your child along with water. No food or drink is allowed in the auditorium.

**Reminder!! NO NUTS!** For the safety of all of our students, it is a NUT-FREE ZONE!

**ALLERGIES** - Please alert someone at the Check-In Table of any allergies or special needs that your child's class volunteer may need to know about in order to better help your child. The Check-In Crew will pass that information along.

## **DRESS REHEARSAL & DANCE CONCERT GUIDELINES & EXPECTATIONS - p. 2 of 2**

### **CONCERT AUDIENCE SEATING:**

- Parents, friends, and family are welcome, and there are NO tickets to purchase!
- Seating is on a first come, first serve basis, so arrive early to get a good seat.
- The house will open 45 minutes before the show start time - i.e. 11:15 am for the 12 noon Show 2:15pm for the 3:00pm Show & 5:15pm for the 6:00pm Show.
- No saving or reserving of seats will be allowed, except for the volunteer seats we set aside.
- We are estimating that the shows to each be about 1 hour and 30 minutes long.
- Please also note that audience members can enter/exit the auditorium only BETWEEN dances. This ensures a high quality video recording as well as positive audience experience.

### **CONCERT SECURITY:**

- Check-In your dancer at the Check-In Table. The person dropping off the student (ages 3-11) will be given a ticket for their child.
- After the show, only 1 female adult with the ticket will be allowed in the backstage dressing area to pick up their dancer. The student must be checked off with the class wardrobe mistress and the ticket turned in before being allowed to leave. We want to keep our students safe and allow the dancers to change clothes with privacy.
- We encourage families to greet their dancers in the auditorium or the foyer of the auditorium!

### **DURING THE SHOW:**

- There will be no intermission.
- No family or friends are allowed backstage or in dressing rooms at any time during the shows to maintain professionalism & to keep our students safe.

### **CONCERT VIDEOTAPING:**

- Videotaping IS allowed during Dress Rehearsals ONLY!
- Videotaping is NOT allowed during the actual performances to ensure the integrity of the professional video recording. Anyone seen videotaping will be asked to stop. Thank you!
- Digital copies of the professionally recorded videos will be emailed to families after the Dance Concert with the option to purchase hard copies on a thumb drive. More info to come!

### **CONCERT PHOTOGRAPHY:**

Please note that NO flash photography will be permitted – this can affect students with potential seizure activity, can be distracting, and adversely affects the integrity of the professional videography.

**Thank you for helping everyone to have an enjoyable and safe experience at the Dance Concert, so we can focus on glorifying God with dance!**



## STAGE MAKE-UP INFO SHEET

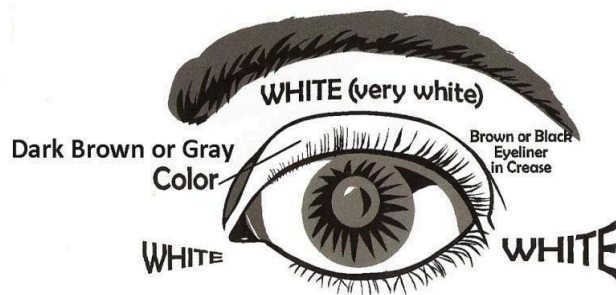
**Make-up and Hair must be done before arriving at the Dress Rehearsal & Dance Concert.**  
This make-up is intended for stage performance only and NOT for Photo Days.

Skip a trip to the store & Visit [www.BAstar.com](http://www.BAstar.com) for your concert make-up kit this year. Enter the product code below for a great deal on Make-up Kits personalized for MKS students!

**Product Code: ZMKSS20**

(MKS Kit 1 - Smoky)

CAUCASIAN  
SKIN TONE



Black Eyeliner  
top & bottom

Black Mascara  
top & bottom lashes

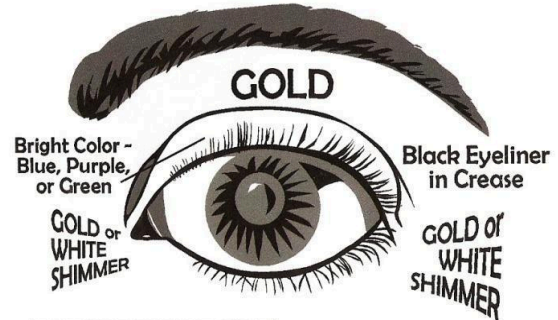
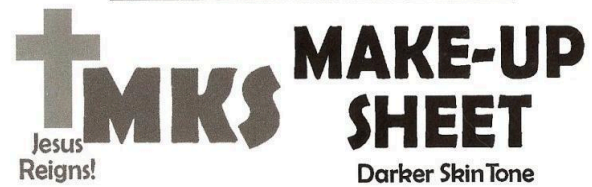
Use Base on ALL of  
face first  
(including lips & eyes)  
for lasting make-up!

CHEEKS - Bright Pink  
LIPS - Very Red

**Product Code: ZMKSN20**

(MKS Kit 2 - Natural)

ASIAN/AFRICAN  
AMERICAN  
SKIN TONE



Black Eyeliner  
top & bottom

Black Mascara  
top & bottom lashes

Use Base on ALL of  
face first  
(including lips & eyes)  
for lasting make-up!

CHEEKS - Bright Pink  
LIPS - Very Red

### Helpful Items to have in a Kit - Remember, put your child's name on EVERYTHING!

**HAIR:** Brushes, Combs, Hairspray, Hair Gel, Bobby Pins, Hair-colored Clips, Ponytail Holders, Hair Nets, Spray Bottle with Water, Blow Dryer (if needed)

**MAKE-UP:** Eye Shadow, Eye Liner, Mascara, Bright Pink Blush, Red Lipstick, etc., Q-Tips, Tissues, Cotton Balls, Make-up Sponges, Tweezers, Nail Clippers, Nail Polish Remover, NO Glitter or Glitter Body Spray please

**COSTUMES:** Safety Pins, Scissors, Needle and Thread, ALL Costume Pieces, Dance Shoes, Extra Tights, Ziploc Bags (large & small)

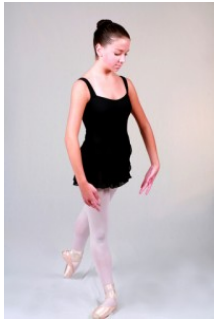
**MEDICATIONS/ALLERGIES:** Please send a note with IGNITE/GLOW/ILLUMINATE students; For younger students, mom should administer medicine.

**MISC:** Pen, Pencil, Band-Aids, Mole Skin for irritating spots on costumes, Tide Wipes/Oxy Spray, and anything that isn't yet listed...

# HAIR BUN INFO SHEET

**Make-up and Hair must be done before arriving to the Dress Rehearsal and Dance Concert.**

See your Costume Info Sheet for specific Hair Style needed.



**STEP 1 - Put hair into a ponytail - LOW/MEDIUM/HIGH**, depending on where you need the bun to be in the end

**LOW** - down at nape of the neck

**MEDIUM** - back middle of the head, same height as nose

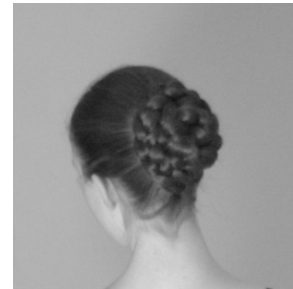
**HIGH** - top corner of the head (not directly on top), visible from front

**HINT:** Do this when hair is wet or damp; using gel is helpful also.

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**STEP 2 - Twist the ponytail and wrap it around the base of the ponytail as many times as needed.**

**HINT:** You can divide the hair into multiple sections – twist (and bobby pin) one section at a time. You can braid the hair (or even have multiple braids) before you twist and bobby pin.



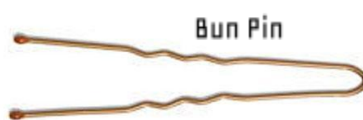
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**STEP 3 - Pin the bun into place using multiple Bobby Pins, Bun Pins &/or Roller Pins.**

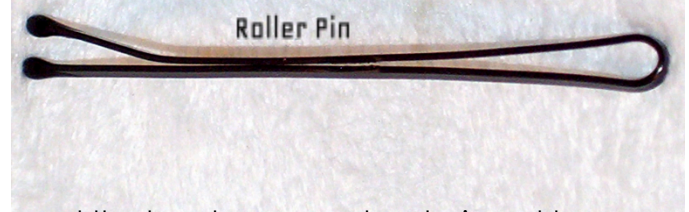
**HINT:** Roller Pins (which are bigger than the normal Bobby Pins or Bun Pins) can be more effective in holding thicker hair in a bun. You can even use a combination of them – for a lot of hair, use the larger Roller Pins first and then use the smaller Bobby Pins and/or Bun Pins to secure smaller sections of hair.



Bobby Pin



Bun Pin



Roller Pin

**HINT:** Put a hairnet that matches the natural hair color around the bun to secure stray hair and to keep the bun contained and sleek. Wrap it around the bun as many times as necessary and use a few small Bobby Pins or Bun Pins to hold it in place. (The hair nets can be used multiple times!)

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**STEP 4 - Add any needed hair decoration**

- Use clips to secure hair around the bun – on the side of the head and below the bun as needed to reduce fly-aways.
- Hairspray and/or gel all the hair to maintain the style over time.
- Add in the needed hair decoration - Read the Costume Info Sheet for placement details

**Items used can be found at Wal-Mart, Sally Beauty Supply, etc.**



## NUT-FREE DANCE CONCERT INFORMATION

Dance concert weekend is Nut-Free for the safety of our students who have these life-threatening allergies. I have children with mild food allergies, but there were so many things I was not even aware of until I learned more about these severe allergies!



I just wanted to clarify a few things for you as you are getting packed and ready for the excitement ahead, so that you can plan & pack your snacks/meals accordingly.

- We have **multiple students with severe, life-threatening, nut allergies**, so it is imperative to check your snacks to see that they do NOT contain nuts. There is usually a listing in bold at the end of the ingredient list on food packaging that will highlight potential allergens.

- **If you are eating nuts prior to coming to the high school at any point during the Dance Concert**, please wash your hands thoroughly with soap & water before touching doorknobs & entering the building. Even the dust and oil from nuts left on your hands or a surface can trigger an allergic reaction.

- **Please be creative in finding other alternative healthy snacks for students.** I understand that nuts are a healthy & quick way for many people to get protein, so this may be an inconvenience for some. There are websites that share allergy information and ideas. One website is [www.snacksafely.com](http://www.snacksafely.com). If packing something from a list of suggestions, it is always best to double-check labels, as many times ingredient lists can vary and change.

- Be aware of food from restaurants that may deep-fry items in peanut oil - here are a just few surprising examples from an article I found online at <https://firstquarterfinance.com/restaurants-that-use-peanut-oil/>

- **Chick-fil-A:** Chick-fil-A uses peanut oil on its breaded chicken.
- **Five Guys:** Five Guys uses peanut oil on french fries.
- **Jimmy John's:** Jimmy John's uses peanut oil on Jimmy kettle cooked chips.
- **Subway:** Subway uses peanut oil on carved turkey.

- Lastly, students with allergies should not be sharing food. They will know this and politely decline if you offer them a snack with a potential allergen. Please do not be offended and be sure to take note of who they are, so that you can be extra careful with food around them. :)

One year, I witnessed one of our dancers struggling to breathe during an allergic reaction to nuts. Her family opted to not use the EpiPen, because once it is administered, a person MUST go to the hospital. She wanted to stay and finish out her performances. They were able to manage it with a LOT of Benadryl (she took a nap between dances...). We would love for anything like this to be avoided at all costs in the future!!

Thank you SO MUCH for helping to keep our dancers safe and helping to make this a fun and enjoyable weekend!

- Michelle Revelle, MKS Studio Director