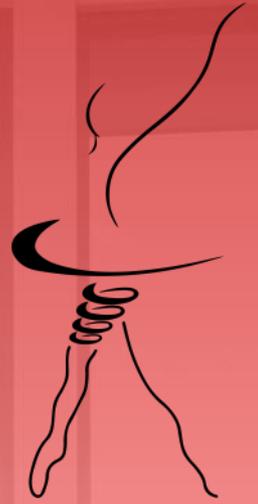


KHSD Newsletter 2026 Term 1

Important Dates

March 9	Canberra Day Public Holiday - No Classes
April 3	Last day of term 1
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Page 1	News
Page 2	KHSD Staff News
Page 3	Message from a KHSD Graduate - Elle Krinas
Page 4	Performance group and solo dates
Page 5	Save the date
Page 6	New KHSD Uniform
Page 7 - 9	KHSD classical class hair, uniform and shoes



Welcome to all current and new KHSD families! Term 1 has had a great start.

In 2026 we have some new staff joining as well as some going on hiatus for a bit. We thank Jasmin Durham for her lovely classes and presence at The Oak in 2025. Miss Sienna has moved to Italy on Uni exchange for 6 months. Welcome back to Australia and home to KHSD Caitlin-Rae Crook, a KHSDian and professional dancer who graduated from KHSD in 2005. (More about Caitlin on page 2).

In January the studio hosted Summer @ The Oak. The Studio was teeming with energy and we look forward to the summer school happening again in 2027. Keep an eye out for more information and guest teachers coming soon! Miss Sophie & Ms Alyssa, who were guest teachers for the summer school and also are KHSDians, will be taking more classes this year, we love their energy and enthusiasm in the studio.

Congratulations!

Many of the KHSD staff have had things to celebrate over summer and into term 1.

We would like to congratulate them on behalf of all of KHSD!

Miss Anjelica has just graduated from the University of Canberra with a Bachelor in Physiotherapy.

Miss Ali will be welcoming a baby boy in June.

Miss Alicia got engaged on valentines day.

Miss Montie will be getting married in March.

Ms Alyssa is performing in the Free-Rain
production of
& Juliet
On at The Q
31 March - 26 April



Meet Ms Caitlin



Caitlin-Rae is a Canberra native who started dancing at KHSD at 3 years old. During her time at KHSD Caitlin-Rae completed RAD Advanced 2, with participation in the Margot Fonteyn International Ballet Competition (2005), as well as jazz and contemporary. She continued her full-time professional training at WAAPA from 2006 to 2008.

From 2010–2011, Caitlin-Rae danced with Mystic Ballet Company in the USA. In 2012, she moved to Europe, securing a contract with Tanzcompagnie Gießen / Stadttheater Gießen in Germany, where she remained an ensemble member until 2020. During her time with the company, she performed extensively and appeared as a guest artist at

galas and performances across Germany, China, Italy, Belgium, Poland, the Czech Republic, and Switzerland.

Caitlin-Rae's teaching experience spans Australia, the USA, Italy, China, and Germany. Her work has included studio classes of all ages, abilities and range of styles, workshops and community outreach projects, including programs with chronically ill children and school-based initiatives.

Following her retirement from professional performance, Caitlin-Rae became a mother while continuing to study and teach dance in Germany, including work with Tanzcompagnie Gießen. Now returning to Canberra after 20 years, she is excited to continue her teaching career and contribute to the next generation of Canberran and Australian dancers.

Caitlin-Rae's teaching philosophy centres on creating a safe, supportive, and encouraging environment in which students of all ages and abilities can reach their full potential. She enjoys guiding dancers through problem-solving and imagery-based approaches that support a deeper understanding of movement. Caitlin-Rae believes dance is a powerful and beautiful experience, and finds great fulfilment in watching students gain confidence, clarity, and a genuine connection to their artistry.



Message from a KHSD Graduate



Hi! I am Gabrielle Krinas and I was a student at KHSD from 2017-2023. (photo left from 2020)

After graduating I moved to London to begin training at Central School of Ballet. I sent off my audition application at the start of year 12, 2023. CSB was very accommodating and despite the course beginning in September, they agreed to let me graduate school and start the course 4 months late. Since then, I have had the best time. The past 2 years have been both challenging and fulfilling; from adjusting to being away

from home/family, training every day and overcoming various obstacles, to having incredible opportunities like living in central London, dancing in the Royal Opera House, watching behind the scenes rehearsals of ENB's Giselle, and participating in other showcases/workshops with ballet icons such as Mathew Ball, Deirde Chapman, and Akram Kahn's lead rehearsal director Mavin Khoo. The cherry on top is that at the end of 2025 I received my Foundation Degree in Professional Dance and Performance and was given the opportunity to continue into the third and final year of training, the BA (Hons) Top-up.

Starting in September, I have not only been working toward receiving my final degree, but we have also been simultaneously preparing for final our ballet assessments and performances for the national touring company, Ballet Central. We will perform a mixed bill of works, debuting in May 2026. Ballet Central is the ultimate culmination of our training and gives us professional performance opportunities before entering our own professional careers. Our company will be visiting towns and cities across the UK over spring and summer. So far, we have had the opportunity of working with Lynn Wallis, retired Artistic Director of the RAD. She has been restaging Kenneth MacMillan's Solitaire. We have also been working with Ashley Page, retired artistic director of the Scottish ballet. He has been teaching us an excerpt from the musical On The Town, set in 1940's New York. In the final 3 months before tour begins, we are going to be working with Monique Jonas and Cameron McMillan on two new commissions.

I am so grateful for everything that prepared me for vocational training and can't wait to see what my final 6 months at CSB holds. (photo right from 2026)





2026

Performance Troupe

Dates

6 & 7 June: Canberra Dance Festival

TBC 8 or 16 August: Orange Eisteddfod (seniors only)

4 - 6 September: Nth Degree & Wagga

2026

Performance Soloist

Dates

13 - 15 March: Nth Degree

28 - 29 March: Unity Classical Challenge

13 - 18 April: Riverside Dance Festival

2 - 3 May: Unity Dance Challenge

4 - 8 June: Canberra Dance Festival

11 - 14 June: Canberra Dance Festival

25 - 28 June: Australian Classical Challenge

7 - 12 September: Wagga Wagga Eisteddfod

SAVE THE DATE



ES Fotografi 

www.esfotografi.com.au

KHSD 2026 Concert Dates

Theatre rehearsals 1 - 4 December

Performance 4 December

Concert participation information will be sent out in Term 3

The 2025 Concert USB will be distributed in the next fortnight. If you haven't paid yet that needs to be done ASAP!

Photos from the concert can be found on the ES Fotografi website.

Use <https://www.esfotografi.com.au/forms> to register for access to the private gallery



New KHSD Merch!

Available soon from the KHSD office!



KHSD Uniform below can be purchased from www.canberradancewear.com.au





KIM HARVEY

Hair should be neat and properly up for class. It is just as important as a school or sport uniform. Having your hair in a bun is a part of ballet class etiquette.

It's easier than it looks and can be done quite quickly.

It just takes practise.

ALL classical classes require a bun.



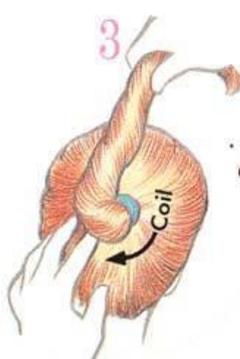
BASIC BUN INSTRUCTIONS



1 Start with a Pony Tail



2 Twist the entire pony tail . . .



3 . . .then coil the twist around the elastic band pinning as you go.



4 Tuck the end under the outside coil and pin.
Cover with hair net



5 The pins will work best if they catch both the underside of the bun and the hair closest to the head.

With very long or very thick hair, split the pony tail in half, make a bun with one half and then twist the other half around the outside of the bun, keep it flat to the head.

Use hair pins like these...



What do I wear?

For jazz, tap, lyrical and contemporary class students may wear the following examples.



Contemporary - Bare feet or socks

All Jazz levels - Tan Jazz shoes only



All lyrical levels - however MDM ballet flats can also be worn

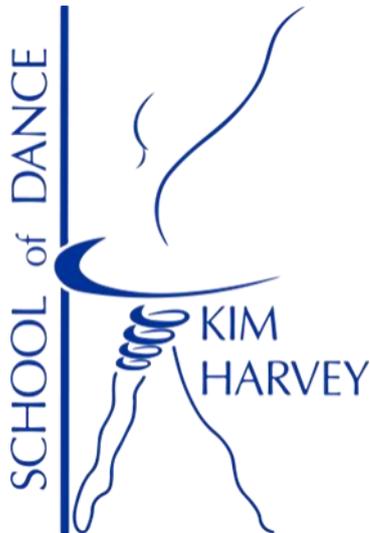


Tap Shoes

Black for Senior Performance and Boys



KHSD students wear MDM—available from Attitude Australia and MDM website



INTRINSIC REFLEX

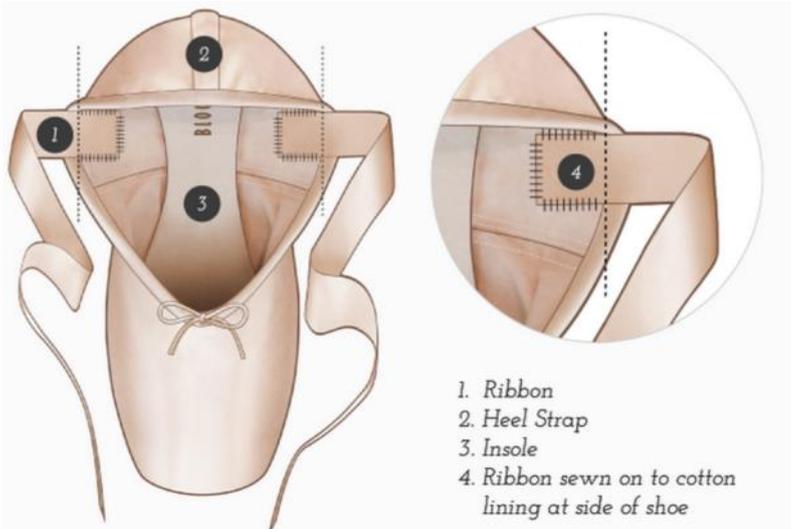
Canvas Hybrid Sole



NEW

ILARA

Stretch Canvas Hybrid Sole



1. Ribbon
2. Heel Strap
3. Insole
4. Ribbon sewn on to cotton lining at side of shoe



Character shoes must be worn for RAD graded exams. These are available in two heel sizes – low heel in sizes 3 – 7 (including half sizes) and Cuban in sizes 2 – 8 (including half sizes). The Cuban heel should be worn from Grade 3 onwards.

Character shoes can be purchased through the KHSD P&F second hand, Bloch & Attitude Australia.