

Holy Redeemer Youth Group Dance Primer

The senior high school Holy Redeemer Youth Group (HRYG) periodically hosts dances for the Holy Redeemer School and School of Religion junior high school young people during the school year. Usually we hold a Back to School Dance, a Halloween Dance, a Christmas Dance, a Mardi Gras Dance, and an End of School Dance. The music that is played ranges from oldies to current music that is on the radio today. ALL music is thoroughly vetted for both language and content. Our dances are great opportunities for our 6th through 8th graders to get a taste of HRYG while interacting with their fellow junior high school friends. Foremost in the minds of the Minister of Religious Education and Youth Ministry and the chaperones who oversee our dances is the fun, safety, and well-being in mind, body, and spirit of the young people who participate. HRYG is a Catholic Christian organization and demonstrating the values of our Holy Redeemer, Jesus Christ, is an instrumental part of all of our activities. Therefore we have certain expectations of all of the young people who participate in our dances:

CONDUCT:

- ❖ Once a young person signs in to the dance, he/she must stay in the building until the end of the dance or until a parent or guardian comes down to the Four Seasons Room and signs him/her out with the chaperone at the entrance table.
- ❖ Dances are held in the Four Seasons Room. If a young person needs to use the restroom, he or she must ask permission from the chaperone at the entrance table. Young people may NOT hang out in the hallways or enter the Junior High School wing of the school.
- ❖ Holy Redeemer 6th through 8th graders may invite no more than one non-Holy Redeemer junior high school aged guest. That guest should be introduced to Mrs. Winterson when they enter the dance.
- ❖ Bottled water, punch and snacks will be provided. They are to be consumed appropriately.
- ❖ Horseplay, running around, and/or disrupting the good times of others is not permitted.
- ❖ “Moshing” or dancing in a rough manner is not permitted.
- ❖ All dance moves should be done with dignity and self-respect. Any lewd moves are prohibited.
- ❖ The aim of our dances is to have good, clean fun, and to make friends, not to come away with a boyfriend or girlfriend. Any sort of behavior that promotes “hooking up” is unacceptable. Young people are not expected or encouraged to have “dates”.
- ❖ We close all of our dances with song prayer. All young people are expected to either participate or to respectfully and quietly stand in observance.
- ❖ Students who violate these rules may be restricted from future school dances. Parents may be called to pick up disruptive students at any time during the dance.

DRESS:

- ❖ The dress code for our dances is casual (ie. jeans, t-shirts, shorts, sneakers, etc.).
- ❖ Clothing with questionable artwork or messages is not permitted.
- ❖ Modest clothing is required. Please refrain from wearing short skirts or shorts and/or displaying bare midriffs.

PARENTS:

- ❖ Parents with Archdiocese of Washington Child Protection Certification are needed and encouraged to chaperone our dances. Our dances cannot be held without the adequate supervision of volunteers.
- ❖ Parents are encouraged to make suggestions and comments on how to improve our dances and on what is working. All feedback is welcomed.
- ❖ To volunteer or offer feedback, please contact Mrs. Winterson at 30-474-4299 or mwinterson@holyredeemer.org. Thank you!

How to Dress Nicely for a Junior High School Dance

GIRLS:

- ❖ Be feminine, but comfortable. A short-sleeved t-shirt will keep you cool and comfy.
- ❖ Wear skorts. They look exactly like skirts, but they have light shorts underneath so that you can dance your best without worry.
- ❖ Wear comfortable shoes or your feet will stop you from having any fun! Ballet flats or sneakers are great.
- ❖ Wear some fun jewelry that coordinates with your clothes.
- ❖ Wear cute, but comfortable jeans that you can move around in because after all, it is a dance!

BOYS:

- ❖ Dress comfortably so you can hang with your friends. Wear a nice, button-up cotton shirt, but lose the tie!
- ❖ Distressed jeans or cords look great and are less dressed up than your usual school uniform pants.
- ❖ Throw on some sneakers and a cool leather belt to complete your look.

GENERAL TIPS:

- ❖ Dress comfortably.
- ❖ It's better to under-dress than to over-dress. Don't wear a dress and heels (girls) or a suit (boys) to a dance where dress wasn't specified.
- ❖ If you don't like it, don't wear it. You'll be worried about how you look the whole time.
- ❖ Wear comfy shoes.
- ❖ Don't dress inappropriately for your age. If you're 13, you shouldn't be dressing and acting like you're 17!

