

Foundations for Excellence

Promoting health and wellbeing in talented young dancers and musicians

Music and Dance Scheme Conference 2009

The Conference Programme Committee advocates the adoption and implementation of the following Principles and Practices which represent the 'collective wisdom' of presenters and delegates at the conference.

Principles and Practices: promoting health and wellbeing in talented young dancers and musicians

Our Principles are to:

- >> promote good health and wellbeing for performance enhancement
- >> focus from the earliest opportunity on the individual student as a whole person to support their informed, health aware choices and practices
- >> invest time, resources and expertise for the valued return of ensuring longevity in professional practice

Our Practices are to:

- >> develop, implement and review health related policies and protocols for whole school/faculty adoption
- >> provide timely health related screening and profiling of students with individualised follow-up intervention, support and review
- >> include health awareness, healthy living and illness/injury prevention in the curriculum
- >> work within a multi-disciplinary team approach, whilst recognising the key role of the teacher
- >> keep up-to-date with relevant research directly in our field and in related fields, from which we can apply and develop further good practice
- >> commit to the training and continuing professional development of all practitioners working with students
- >> harness collaborative working across schools and across music and dance, wherever possible, to inform our practices
- >> share and disseminate learning amongst ourselves and wider networks of education and training providers

We will monitor these Principles and Practices through our quality assurance and enhancement processes, revising the detailed action plans we draw up, as appropriate.

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