



CHESTERTON ACADEMY

OF SACRAMENTO

CAS Dances - General Principles

Conformity to the goals of the Chesterton Academy

Dance is one very important way the soul of a society is passed on to the next generation. School dances are an important part of the social life of students at our school. Like all school activities, our school dances must promote virtue and decorum, and must embody the Good, the True, and the Beautiful.

With these considerations in mind:

Social Dancing

Chesterton Academy dances are social dances. Every culture, and especially every Catholic culture, has age-old traditions of formal social dancing: waltz, pavane, tarantella, polka, square, swing, line, and many, many more styles, mastered and passed on over generations. Such dances promote learning, respect for one's partner, and a proper level and venue for good and appropriate physical contact between the sexes. 'Rock and Roll' and subsequent related styles without form were introduced as an explicit rejection of the social aspect of dance and a way for children to reject their parents, and therefore have no place in a Chesterton Academy.

Dance Instruction

We teach all our students how to dance social dances. We start with swing and line dances, and then move to more formal styles such as waltzing. By our first dance in our first year, all students will have received significant training in swing and line dances, enough to dance for an hour or more, if they so choose.

Dress and Decorum

Dances are an expression of our Catholic culture. We demand a high level of decorum at dances, just as we expect it every day at school. We have established the following dress code for dances:

LADIES

- Semi-formal dress required (dress, dress pants and tops, skirts)
- Dress and skirt length should match uniform skirt length, which is mid-knee
- If leggings are worn, they must be worn underneath a skirt or dress that reaches to the knee
- When sitting with feet flat on floor, skirt or dress should cover top part of knee; dresses should not be excessively tight
- Necklines of modest cut, no cleavage exposed, and no exposed back, shoulder or midriff,
- Dress shoes (no Keds, Vans, Sperry, Toms or Converse-type shoes)
- Sleeveless tops or dresses should have at least 2" of fabric on top of shoulder,
- No cover-ups (coats, shawls, sweaters) will be allowed over dresses that do not meet dress code; Dresses must meet dress code without another item of clothing.
- No visible undergarments
- Once in the dance facility students are to adhere to the dress code throughout the entirety of the dance. Any student who is not in dress code will be asked to either change their attire or leave the dance.

Physical Contact

One of the many virtues of social dancing is that it provides for a proper and respectful amount of physical contact between the young ladies and gentlemen. Anything beyond this proper level - hands held, or on one's partner's shoulder or waist, as appropriate to the dance - is not allowed. Physical displays of affection, such as kissing and extended hugs, are not allowed at dances, just as they are not allowed in school.

Chaperons

- Adult chaperons drawn from the faculty, board, and parents will be present in sufficient numbers at all school dances. Any violations of the dress code or proper decorum, especially as it relates to physical displays of affection, can result in the student's expulsion from the dance, and may result in further discipline.

GENTLEMEN

- Semi-formal dress required (khakis or better slacks, dress shirt)
- No jeans, shorts, sleeveless shirts, t-shirts, athletic shoes or Sperry, Vans, Toms, Converse-type shoes
- Pants and shirts should be loose-fitting.
- No visible undergarments

If there is any question as to whether or not a dress meets Chesterton Academy dress code, please take a picture and get approval prior to purchasing the dress.

Photos and questions may be emailed to Mrs. Eggers (eggers@sacramentochesterton.org) or Mrs. Holowecky (admin@sacramentochesterton.org).