



# Student Newsletter - 12 September 2025

Dear Students,

Dear Parents,

The *Student Newsletter* regularly contains useful information directly related to school life.

This edition concerns :

- The start of the 2025-2026 school year
- Mosa contacts and access to the Corners
- Dancewear
- Documents to be completed and signed
- Rules of life at the Mosa
- Medical partnerships
- Upcoming events
- Calendar school year 2025-2026

## 1. START OF THE SCHOOL YEAR 2025-2026

### A word of welcome

The entire Mosa Ballet School team would like to wish all its students an excellent start to the new school year.

Over the last few days, we have had the pleasure of welcoming back students from previous years, as well as no fewer than 39 new students. We extend a warm welcome to them all. We are delighted to be launching the 2025-2026 school year with over a hundred students from different backgrounds and career paths, all of whom have been selected and brought together to make their dance dreams come true at the Mosa Ballet School.

A new school year is beginning for all of us, with its share of challenges, difficulties, achievements and, above all, learning.

We would like to remind our students to seize the opportunities that present themselves as soon as possible, while respecting our three fundamental values:

**Excellence**, because professional-level sport requires an enormous amount of effort. But ballet requires another equally important aspect: the artistic dimension. So our aim is to reconcile these two aspects of excellence.

**Humanity**, because we are convinced that learning and practising dance at a professional level can be done while listening to each individual and paying specific attention to each student.

**Collaboration**, because it is our duty as a school to teach our students a taste for working together and to guide them towards the path that suits them.

Finally, we feel it is very important to stress that the entire Mosa Ballet School team remains available to each of our students throughout their studies. A door will always be open to discuss private matters or matters relating to the school.

We wish you an excellent year at Mosa Ballet School and look forward to sharing it with you.



## Learning French at Mosa Ballet School

Although English is a global international language, knowledge of French will give our international students an additional advantage for their future. The Mosa Ballet School therefore wants to take advantage of being in French-speaking territory to encourage the learning of this language. To succeed in this objective, we all have a role to play.

## French at Athénée Liège 1

All students enrolled at Mosa know that the school's educational project is based on high-quality general education, thanks to the partnership with Athénée Liège 1, which runs its courses in French.

Although the Athénée pays attention to each pupil in order to encourage them to learn French, it faces a twofold challenge:

Firstly, allophone students may have difficulty following general courses and assimilating the material taught, which can have an impact on their academic success.

Secondly, French-speaking students who attend classes with allophone students should not be penalised by the latter's academic difficulties.

Athénée Liège 1 will shortly be organising French tests for foreign students who are in Belgium for the first time. Depending on the results, students who need support will have their timetable adjusted so that they can benefit from accelerated French lessons.

For students attending Liège 1, there is an important rule to follow: if a student is unable to attend classes in the morning at Liège 1, they will not be able to attend dance classes in the afternoon.

Finally, a team of volunteers can help any student who needs extra support with their studies, in French or another subject. This request can be made to the student's supervisor.

## Special case of Free Academic Studies and the *Pre-Professional Programme*

As part of the school programme, the Mosa provides French classes for allophone students who are part of the Free Academic Studies (MAINP students who do not attend classes at Athénée Liège 1) and *Pre-Professional Program*.

These courses are compulsory and will be given during the week. They will be integrated into the students' timetable. No extra payment is required to take part in these courses as they are part of the curriculum for the students concerned.

## 2. MOSA CONTACTS AND CORNER ACCESS

With the start of the new school year, we would like to inform you that it is now essential for all parents and students to use their Mosa email address to contact us. We will also use this address for all our communications.

These email addresses also give you access to two personalised areas, one for parents - the Parents Corner - and the other for students - the Students Corner.

In these dedicated areas, you will find access to the Mosa online shop, outings request forms, Mosa events and other information of interest to you.

We also invite you to contact [students@mosaballetschool.eu](mailto:students@mosaballetschool.eu) for any communication relating to school life at the Mosa and/or Liège 1.



### 3. DANCEWEAR

#### La Procure

Dance uniforms, class materials and other items required by Mosa Ballet School students are only available via [Parents Corner](#).

Students will be asked to have their uniforms in order by, ideally, 15 September 2025.

Orders are delivered twice a week - on Tuesdays and Fridays - to the Mosa restaurant.

#### Pointe shoes and character shoes

The partnership between Mosa Ballet School and Bloch offers our students the opportunity to buy pointe shoes throughout the school year.

A Bloch representative will visit the Mosa students to let them try on pointe shoes - the aim being to find the perfect pair for each student's feet. However, if another brand suits you best, it is perfectly possible to use that brand at your convenience.

When a student needs a pair of pointe shoes, they can ask their ballet teacher - who will inform the person placing the order. The order is placed on demand, so any pair of pointe shoes will be re-invoiced to parents during the month of delivery.

Our partnership offers a 10% discount on pointe shoes. Stretch and satin or satin ribbons are available on request at the time of ordering, by the unit or in ruleau, but can also be cut to size on La Procure.

Character shoes, which are not sold on our site, can be purchased at Adage (Rue Lonhienne 10, 4000 Liège). Our partner offers a 10% discount for Mosa students. As this shop does not have all the sizes in stock, you can order them at and ask for them to be delivered to the Mosa Ballet School. Please note that for organisational reasons, we ask students and their parents to pay for the shoes directly at Adage, as Mosa does not accept any re-invoicing.

### 4. DOCUMENTS TO BE COMPLETED AND SIGNED

#### Health form - Mosa contract and aptitude certificate

In order to start the school year in the best possible conditions, we would like to remind you that it is essential to fill in the [Health Form](#), to read carefully the ROI available for download in the Corner, to return the signed Mosa contract and finally to provide us with a certificate of fitness for physical effort. Thank you in advance for your cooperation.

### 5. RULES OF LIFE AT THE MOSA

#### Access badges

On arrival, each student is given an RFID wristband, which gives access to all parts of the school required by each of our students.

We ask every student **entering or leaving the building** to sign in. This is for safety reasons, particularly in the event of an emergency evacuation.



If a student cannot find their wristband, please contact the coordination team as soon as possible or send an email to [toinfrastructure@mosaballetschool.eu](mailto:toinfrastructure@mosaballetschool.eu) so that it can be temporarily deactivated. A bracelet will be temporarily made for the student until the original one is found. If the wristband is permanently lost, the student's parents will be billed €20 and a new one will be activated.

### Special diets during meals

La Mosa makes it a point of honour to cater for special dietary requirements so that everyone can enjoy their meals in the best possible conditions.

However, for **organisational and logistical** reasons with our caterer, it is necessary to **group these specific requests together**. This allows us to ensure precise follow-up and guarantee a better quality of service for everyone.

### Exit Pass

We would like to take the opportunity of this new school year to remind you of a few basic principles concerning outings for students attending the boarding school and for external students who, for one reason or another, are unable to attend classes at the Mosa.

You will find all the details in the *Vade-Mecum and Internal Regulations*, but here is a brief summary of these basic principles.

Students may leave the boarding school at weekends, but the rules vary according to age.

Students wishing to leave the boarding school must apply for authorisation using the form available on the "Parents Corner" and on the "Students Corner" (exit pass application form).

Entrance to and exit from the boarding school must take place during the scheduled times. For example, on Sundays, entry and exit are possible at 10am, 12pm, 2pm and 5pm. Outside these times, the doors will be closed and it will not be possible to enter or leave the building. It is not permitted to use the emergency mobile phone number to enter or leave outside these times.

*The deadlines for submitting requests to leave are as follows:*

Absence during the day at weekends:

Request to be submitted three days in advance if the absence does not include a meal,

Request to be submitted one week in advance if the absence includes a meal.

Overnight stay(s) outside the boarding school during the weekend: request to be submitted 2 weeks in advance.

We invite you to consult the *Internal Regulations* carefully, which explain in detail the possibilities for 17+ students to go out on Friday evenings, as well as the procedures to be followed for exceptional absences and absences for urgent reasons.

Any day pupil who, for a valid reason, has to be absent during the day during the week is also asked to complete a request for permission to go out. The purpose of this is to inform the teaching staff of the absence.

### Life at boarding school

We would like to remind you of a few basic rules concerning boarding life at the start of the new school year. Although this information is included in the ROI, we feel it is important to point them out.

Firstly, the use of lifts is strictly forbidden for all students throughout the year. Only in exceptional circumstances, and with the prior agreement of the coordination team, may they be used. We therefore ask our students to respect this first rule.



We ask everyone to consider their privacy carefully - in other words, no one is allowed in a room unless they have been invited by all the young people staying there during the year. In addition, it is strictly forbidden for girls to be in boys' rooms and vice versa, and communal rest areas are available within the boarding school.

At the end of the evening meal, all the boarding students take it in turns, as a team, to help clean up the trays and tables and, if they wish, they can help one of the attendants with the washing up. We are convinced that this organisation offers our boarders an opportunity to learn how to live in a community and share tasks. It goes without saying that everyone is responsible for fulfilling their commitment, and that the educational team will be on hand to ensure that everything runs smoothly.

Students in boarding school from Sunday to Friday are expected to return to the Mosa on Sunday evenings between 8.00 pm and 9.30 pm at the latest, having already eaten. Sunday evening meals are not provided for boarders who return to their families at weekends.

Similarly, students who have opted for the boarding regime from Monday to Friday - are expected between 7.30 and 8.00 am - having had breakfast, to drop off their belongings in their rooms, before going to Liège 1.

Students living at the boarding school can drop off their excess luggage and belongings in order to relieve the congestion in their rooms. This can be done in **studio 6** (Marinette de Cloedt - opposite the boarding school) up to and including Tuesday 16 September. Please note that all boxes, suitcases and other bags must be labelled **with the first name and surname of the student**, otherwise the security team will not be able to take them down to the locker. Thank you in advance for respecting this rule, which will facilitate the work of the security team.

Finally, in the event of an emergency, and outside office opening hours, two telephone numbers are available. Please register them and use them if necessary:

Floor managers: **+32475292599**

Security guards: **+32470693296**

For any other non-emergency situation, please contact the coordination team by e-mail at [students@mosaballetschool.eu](mailto:students@mosaballetschool.eu)

#### ■ Occupation of rooms during extra-school events

During the year, certain extra-curricular events require students to stay at the boarding school. We try to keep this to a minimum so as not to disrupt the daily lives of our students and their families. However, we want our young dancers to have access to quality performances throughout the school year.

For logistical reasons, La Mosa charges €30 per night (full board) when an extra-school event is imposed by Mosa and requires a 5/7 boarder to stay at the boarding school at weekends.

## 6. MEDICAL PARTNERSHIPS

For boarders and day students, we accompany students to various medical procedures. This care is coordinated by the school's coordination team at the request of students, in the event of an accident or at the request of dance teachers.

### CHU and physiotherapy sessions (boarding and external students)

Since the school opened, La Mosa has had a partnership with the "**Service de Médecine Physique et de Traumatologie du Sport**" of the Centre Hospitalier Universitaire (CHU) de Liège. This multidisciplinary department is run by Professor Jean-François Kaux and is officially a FIFA



(Fédération Internationale de Football Association) Medical Centre of Excellence. The centre also benefits from all the state-of-the-art facilities available at the CHU.

Our partnership allows us to have specialised follow-up for top-level sport. Above all, it enables us to obtain appointments very quickly for any additional examinations such as scans, etc.

In the event of a physical problem linked to a trauma at the school (sprain, accident, etc.), we make an appointment and inform the parents of the possible consequences.

The initial diagnostic examination, as well as appointments requiring the use of special equipment, take place at the Sart-Tilman University Hospital.

To facilitate medical follow-up of injuries, **physiotherapy sessions take place at the Mosa** - throughout the school year (except during school holidays). A prescription for the physiotherapy sessions is prescribed by the doctor in the physical medicine department and should be sent to the coordination office so that the physiotherapy sessions can be organised at the Mosa.

### Osteopathy (internal and external students)

Osteopathy is an important practice for dancers, as it allows them to work in anticipation and detect any problems before they cause trauma or irreversible changes that would interfere with their dancing.

With this in mind, La Mosa has introduced an anatomy course into its programme.

Each student can make an appointment by email with *Head of faculty* Wilfried Jacobs to have sessions with our anatomy teacher, Jackie Devroe, for diagnosis, minor interventions and physiotherapy follow-up. The cost of a single session is €35.

Students can request an appointment if they experience any discomfort. Teachers can also suggest a session if they detect a less-than-ideal position that could lead to injury or irreversible deformity.

### General medicine

For interns, Dr Audrey Hodeige generally comes on Tuesdays and Thursdays to treat non-urgent cases on request from the school's coordination team. Dr Hodeige is also consulted in emergencies. When Dr Hodeige is not available, the Mosa calls on the doctor who is standing in for her or on the Service de Garde des Médecins de Liège (GLAMO), which is close to the Mosa.

### Specialist medicine

It is possible for interns and externs to have an appointment with a specialist doctor. Our partnership with the CHC enables our students to consult specialists in cardiology, dentistry, dermatology, gynaecology, chiropody, psychology and other fields. To request a consultation, please contact the coordination office at . [students@mosaballetschool.eu](mailto:students@mosaballetschool.eu)

### Billing and payment

Osteopathy sessions are paid directly by the student to the practitioner.

Medical invoices relating to hospitals (CHU and CHC) are sent by e-mail to parents **so that they can be paid as soon as possible**. For information, a Mosa member will be charged €40 per hour to accompany the student on medical visits and/or to emergencies.

Original invoices with proof of treatment (where applicable) will be given in person to the students. We therefore leave it up to the students to give the original documents to their parents when they return home, during the holidays for example.



On the other hand, general medicine will be billed to parents at the request of our GP.

Finally, Mosa students benefit from a 10% discount on purchases made at the Familia pharmacy, located on rue Saint-Paul, on the student route between Liège 1 and the Mosa building.

## 7. UPCOMING EVENTS

### Support us! - Operation CAP 48

The *Mosa Ballet School* and *Quand on Danse* are taking part in the CAP 48 call for projects with an inclusive dance initiative, including workshops, training courses and internships in which you will be invited to take part.

By buying the CAP 48 post-it notes (€5-10) or their mismatched socks (€15), you are supporting the *Quand on Danse* projects. These will be on sale outside the Mosa restaurant during the week of 29 September 2025.

This initiative is very close to our hearts, because it allows us to help ensure that everyone can experience the joys of dance, without limits or frontiers.

The sale will start very soon at La Procure, so stay tuned! We'll keep you posted with more details soon.

Together, let's make a difference with [Quand on Danse](#) and [CAP 48](#)!

### Dance & Health Annual Symposium: Dancing in Our Shoes - Promoting inclusion and a sense of belonging in dance for health

Our Annual Symposium will be held on Friday 17 October. Each year, a major international event is organised by the *Quand on Danse* team, which runs the school's social programme. This event, which brings together professionals around a specific theme, is particularly formative for our young dancers, who are given the means to see dance practice in a different way.

This year, the focus is on inclusion and the feeling of belonging in dance for health. This event is an integral part of the MAINP and PROP students' curriculum and will be incorporated into their timetable. More information on the [Quand on Danse](#) website !

### Autumn Intensive Course and school holidays

Our *Autumn Intensive Course* will run from Monday 20 October to Friday 24 October inclusive. This week of activity is **compulsory** and **free** for students in dance levels 3, 4, 5, 6 and 7 only. The students concerned will receive the week's timetable as usual.

We recommend a total rest for students in levels 1 and 2, so that they can rest up for the second half of the term and prepare for the *Winter Performance*.

Students in dance levels 1 and 2 will therefore be off from Friday 17 October after the Symposium and will be able to leave the boarding school (if applicable) no later than **12:00** on Saturday 18 October.

Students taking part in the Autumn Intensive Course will be released on Friday 24 October.

Please note that the boarding school will be closed from **12:00** on Saturday 25 October until **15:00** on Sunday 2 November.



## 8. CALENDAR SCHOOL YEAR 2025-2026 (SUBJECT TO CHANGE)

Date	Event
<b>Friday 17 October 2025</b>	<i>Quand on Danse</i> Annual Symposium: Dancing in Our Shoes.
<b>Saturday 18 October 2025</b>	Visit from primary school pupils - Compulsory activity for weekend boarders.
<b>Monday 20 October to Friday 31 October 2025</b>	Autumn Holidays for secondary school. Compulsory dance activities are organised for levels 3 to 7 from 20 October to 24 October inclusive.
<b>Tuesday 11th November 2025</b>	Armistice - Classes suspended at Liège 1.
<b>Sunday 7 December 2025</b>	Winter Performance in Wolubilis.
<b>Monday 22nd December 2025</b>	Winter Performance at the Théâtre de Liège.
<b>Tuesday 23rd December 2025</b>	Winter Performance at the Théâtre de Liège.
<b>From Wednesday 24 December to Tuesday 6 January 2026</b>	Winter Holidays (classes suspended).
<b>From Monday 16 February to Friday 27 February 2026</b>	Relaxation Holidays for the secondary school. Compulsory dance activities are organised for levels 3 to 7 from 16 February to 20 February 2026.
<b>Monday 6th April 2026</b>	Easter Monday (classes suspended).
<b>Monday 27 April to Friday 8 May 2026</b>	Spring Holidays for the secondary school. Compulsory dance activities are organised for levels 3 to 7 TO BE CONFIRMED
<b>Thursday 14 May 2026</b>	Ascension Thursday (classes suspended).
<b>Monday 25 May 2026</b>	Whit Monday (classes suspended).
<b>Friday 3rd July 2026</b>	End of the school year and end of the year at La Mosa.
<b>Saturday 4th July 2026</b>	Annual Recital