



dance theme

February Newsletter

Hello everyone!

It's hard to believe that we are half way through the year! It has been an incredible year of hard work by the teachers, students and parents. It is so exciting to watch the students develop their dance technique and their dance routines blossom! DT teacher's have certainly done an incredible job this year with the choreography. I can't wait to watch the dancers perform these amazing pieces.

As I walk through the hallways and look at classes, it is great to see the dancers dressed in their dancewear, with their hair done. Thank you parents for encouraging this with your children as proper grooming is part of the self-discipline of dance.

Thank you to the parents who are assisting in prop building and transporting! We absolutely couldn't do this without you!

As we approach performances, many parents ask "what can we do?" Here are a few things that you can do that will enhance your child's performing experience:

- Make sure that they are attending classes and are on time for class.
- Ensure that they are well prepared for class.
- A few at-home practice sessions each week will greatly benefit the memorization process.

The next couple months are going to fly by and before we know it we'll be watching some beautiful performances!

I welcome any questions or comments you have regarding Dance Theme and your child's dance education!

Shari

Class Attendance Is Important.

As we approach performing season, please remember that regular attendance in class from ALL dancers is crucial. A TEAM needs to work together for a successful performance.



Dance Theme founded this show in 2004. Since then, Stars of Hope has raised over **\$155,000** for cancer charities. On March 6th, twenty seven dance studios and the Cheremosh Ukrainian Dancers guarantee another fantastic show!

Proceeds go to the Kids With Cancer Society.

It is an emotional and entertaining evening commencing with families and children involved with the Kids With Cancer Society being piped to their seats by members of the Pipes & Drums of the Edmonton Police Service.

Our musical theatre production, *Alice in Wonderland* will be performing.

Saturday, March 6th at the Jubilee Auditorium

Tickets \$20.00 and are available through Ticketmaster

Don't miss this absolutely amazing evening of entertainment!

It's an evening you won't forget!

Viewing Week March 8 - 13

Viewing week is valuable class time that we love sharing with you, but please keep the following guidelines in mind so that we can have an effective class:

- Keep talking to a minimum
- No eating in the studio
- Do not enter and exit frequently
- Notices are often handed out during viewing classes. If you are unable to attend, please ensure that you receive notices.
- Video taping is welcome!
- Please remove all outdoor footwear downstairs.

Costumes

Costumes are now arriving! Costumes can be taken home once they are paid for. Costumes will not be given out if there are outstanding fees on your account.

Nutrition Notes

Dancers need energy to move, jump and spin. They can get that by following a healthy diet. When the body has a ready supply of nutrients, vitamins and minerals, dancers can perform at their peak because their bodies will have the energy they need and the ability to repair themselves.

How can I increase my energy, concentration and focus?

1. **Eat a healthy breakfast.** Breakfast is the meal that jump-starts your metabolism and gives you energy for the day. Though you may not feel hungry first thing in the morning, it is important to at least eat some thing small to stimulate the mind and body. Often it is a case of habit that we do not feel inclined to eat breakfast. By simply tempting the taste buds with a little something (fruit or toast), digestive juices will kick in and hunger will awaken. Another way to stimulate digestive juices is to drink a glass of lemon water first thing in the morning (water with fresh squeezed lemon in it). **Eating a small breakfast will invigorate you and help you focus, setting you on the right track for the day.**
2. **Combine protein and healthy carbohydrates.** Healthy carbohydrates include:
 - Whole wheat/grain bread products (bagels, crackers, toast, etc.)
 - Fruit
 - Pasta
 - Rice and other grains (quinoa, oats, barley)
 - Potato and starchy vegetables
 - Less healthy options (muffins, pancakes with syrup chocolate, candy, honey)
3. **Eat small meals throughout the day**
4. **Water, water, water!** Remember, we don't allow soft drinks or slurpees in the studio!

Festival and Competition Programs

Programs will start arriving in early March for the various competitions and festivals. Dance Theme dancers are entered in. Your child's teacher or the office can answer any questions you may have regarding the competitions and festivals.

Important Dates

Feb 14	Gilbert Mock Exam
Feb 26	Al Gilbert Exams
March 6	Stars of Hope
March 8-13	Viewing Week
March 28-April 4	Spring Break
April 5	Classes resume
Sat., June 12	Year-end Recital