

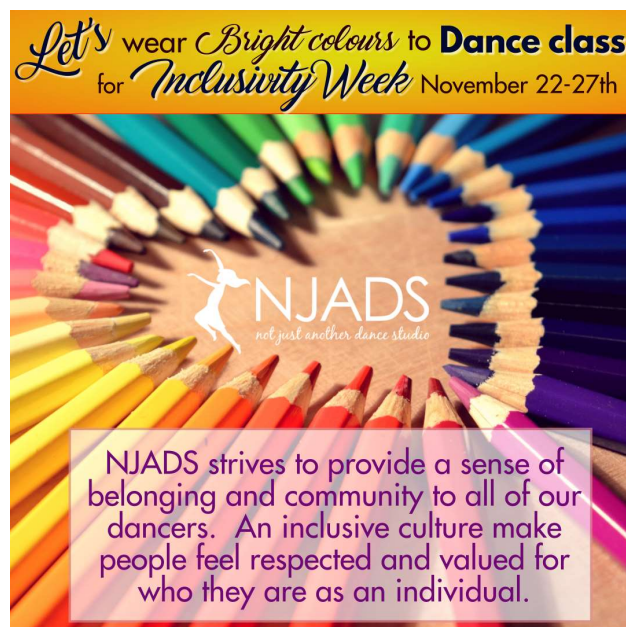


November 2021 Newsletter

Colouring Contest Winner!

Congrats to Anastasia Hatzis and Gabriella Mugheddu for winning our Halloween colouring contest!

Congrats to Lizzy and Charlotte Pelkey for winning our Halloween Bingo contest!



Ballet & Acro Skills Testing

We complete Skills Review Assessments throughout the season. This allows dancers to see how they are progressing during the dance season and helps to motivate them to progress in class. Having defined and achievable goals is a proven way to motivate dancers to excel! Our "testing" is completed during their regular class. We focus on areas such as Flexibility, Strength, Travelling and Classroom Skills.

Our Acro and Ballet classes will complete their Fall Assessment the week of November 29-December 4th during their usual class. Assessment sheets will be given to dancers at the end of the dance season.

CLASSROOM SKILLS – 6 points:		Not Yet Attained	Developing	Mastered
1	Understands class structure			
2	Follows the rules			
3	Listens to the teacher			
4	Takes turns			
5	Interacts appropriately with peers			
6	Listening to the music			

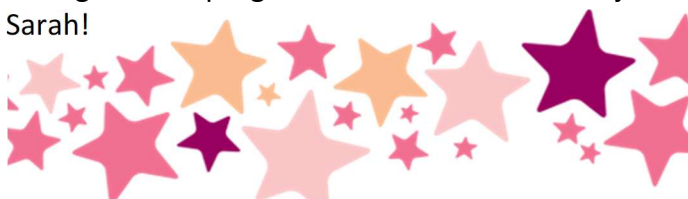
		Fall 2021	Winter 2022	Spring 2022
FLEXIBILITY – 4 points:				
A	Butterfly			
B	Rock and Roll			
C	Pre-forward bend			
D	Cobra			

Student of the Month Hamilton

Valentina Olivieri (age 5). Valentina has a heart of gold and is always the first person to comfort and encourage one of her classmates. She is a ray of sunshine, always eager to try new tricks and the friendliest face to welcome new students. She is currently taking Acro and Ballet.

Student of the Month Ancaster

Sarah McIssac (age 9). This is Sarah's second dance season with us, she started taking ballet when we were in lockdown and offering classes online. She works hard in class, and applies her corrections consistently. We look forward to seeing Sarah's progress in the future. Great job Sarah!



Safety Tips for Dancers

As the days get shorter and winter approaches, we wanted to give parents some safety tips.

- **Pick up your child at the door**, we will not allow our dancers to run across the parking lot on their own in the dark.
- **Do not drive in front of the entrance door** when we are releasing students.
- **Have dancers wear shoes or boots** to class and change into their dance shoes (we can assist younger dancers), do not have them arrive in dance shoes.
- **Wear a coat!** It is getting cold out, and dancers arriving without a coat on cold days have a harder time getting their muscles to warmup, and risk injury.

Limited Edition Tees!



Missed out on our FREE Limited Edition NJADS t-shirt that we offered to all students that enrolled before August 31st? Good news! We have a limited stock of these Purple NJADS T-shirts available for purchase!

Act now though cause once stock runs out; they are gone! We will not be stocking or reordering these Limited-Edition tees.

Child Sizes S, M, L, XL \$16.99 + HST

Adult Sizes S, M, 2XL \$18.99 + HST

Adorable Halloween Pics

Want to see cute pics and videos of your child in class? Check out our YouTube channel NJADS1 or our Facebook Fan page

www.facebook.com/NotJustAnotherDanceStudio



Did you Know???

Dance tights aren't just for esthetics?? Every dancer knows the importance of warming up before a class or performance

- Maximize Flexibility
- Maximize Results
- Minimize Injury

But did you know that it is important to make sure that your muscles stay warm throughout your class or performance? During periods of immobility, it is extremely important to avoid getting your muscles cold which can lead to stiffness and tension that can result in injuries. It is crucial to maintain a safe and healthy body temperature...always wear tights to class (and you can also add leg warmers in colder weather!)

This Month's Highlights

November 22-27th

Wear bright colours to class for Inclusivity Week!

November 29-December 4th

Skills Assessment Testing for Acro and Ballet. Dancers come to class as usual, and they will review what they have learned in class so far this season. Their charts will be sent home at the end of the season after their final testing.

Three simple rules in life.

- 1 If you don't go after what you want, you'll never have it.
- 2 If you don't ask, the answer is always no.
- 3 If you don't step forward, you're always in the same place.

