



# January 2022 Newsletter

Welcome back to dance!



Classes start back in studio January 3-8<sup>th</sup>. Please ensure you have completed a COVID Screening online ASAP. There will be a delay in admitting students to class if this mandatory step is not completed. Visit our website

<https://www.notjustanotherdancestudio.ca/covid/>

## Dancers 12+ Vaccinations

A reminder that the government has now mandated that ALL dancers 12 years and over must be double vaccinated against COVID-19 to participate in classes in person. Please submit proof of vaccination for your child to [amanda@notjustanotherdancestudio.ca](mailto:amanda@notjustanotherdancestudio.ca). Dancer's not able to provide proof of vaccination cannot attend in person classes, and must participate online till they are vaccinated. Zoom links will be available in the Parent Portal under Resources.



## This Month's Highlights

### January 3-8<sup>th</sup>:

Happy New Year! Classes resume for 2022!

### January 17-22<sup>nd</sup>:

PJ Week. Have fun being cozy wearing your pajamas to dance class this week!

## Student of the Month Ancaster!

### Katarina Collier (age 8)

This is Katarina's fourth season with the NJADS family. She has a huge personality, and often keeps class fun! She is often one of the first to volunteer to participate in studio events such as performing at retirement homes for the residents, or dancing in the Ancaster Heritage Day Parade. Keep up the great work!



## Student of the Month Hamilton!

### Crystal Ni Ma (age 11)

This is Crystal's second season with the NJADS family. She is a sweet dancer who is always lending a hand to her peers as well as offering help to her teachers and NJADS staff members. Crystal can often be found writing down and studying ballet terminology to better her skills. Congratulations Crystal!!!





## COVID-19 PRECAUTIONS



### WEAR MASK

Masks required for all dancers 2+ years old



### WASH HANDS

Use hand sanitizer when arriving at the studio



### TEMPERATURE CHECK

Check the temperature before entering



### VACCINATION MANDATORY

All dancers 12+ years old must be double vaccinated to attend in person dance classes



## The outfit makes the dancer!

Wearing appropriate dancewear, and having hair tied back neatly will help dancers to get into the correct mindset for class. Avoid wearing the following: Watches, bracelets, earrings, tiaras or other jewelry that can come off while dancing or bulky clothes that don't show your legs, arms and body placement.



## Hold the Date!

We are beginning to prepare for our annual recital. It is hard to believe that it has been over 2 years since we have done a live performance! Most information to follow shortly.

## Tuesday, May 31, 2022 Important Dates!



# 2022

## UPCOMING EVENTS

**Dec 19-Jan 2**

### STUDIO CLOSED

Studio is closed for the holidays, no classes running

**JAN 3**

### Studio re-opens

Dance classes resume on their usual day/time

**JAN 17-22**

### Wear your PJs week!

Dancers are invited to wear their pajamas to dance class

**FEB 1**

### Registration opens for VIP

VIP Members can register for our 2022-2023 Dance Season

**FEB 14-19**

### Twin week!

Dress like a friend or your dance teacher this week

**FEB 21**

### Family Day

Studio is CLOSED for the Stat Holiday, no classes running

FOR MORE INFORMATION VISIT

<https://www.notjustanotherdancestudio.ca/monthly-schedule>

Ontario

**You've been exposed to someone who has tested positive for COVID-19 on PCR, rapid molecular, or rapid antigen test. Now what?**

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting\*

**Have you had at least 2 doses of a COVID-19 vaccine?**

Yes

**Does the COVID-19 positive person live with you?**

No

**Do you have any symptoms of COVID-19?**

No

Yes

- **Self-monitor** for symptoms for 10 days.<sup>22</sup>
- If leaving home, you should maintain masking, physical distancing and all other public health measures. You should **NOT** visit any highest risk settings\* or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from your last exposure.
- Report your exposure to your employer and follow any work restrictions.
- If you develop any symptoms, self-isolate immediately, get tested if eligible and follow the guidance for cases.

- **Self-isolate** immediately for at least 5 days following your symptom onset, and until your symptoms have been improving for at least 24 hours (48 hours if gastrointestinal symptoms), whichever is longer.
- If you are eligible for testing, get tested and follow the guidance for cases.

- **Self-isolate** immediately for:
  - **5 days** since your last exposure if you are **fully vaccinated** or under 12 years of age
  - **10 days** since your last exposure if you are partially vaccinated or unvaccinated or immune compromised.
- Self-monitor for symptoms for 10 days.
- If you develop symptoms continue to self-isolate and get tested if you are eligible. Follow the guidance for cases.

**Note:** In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.