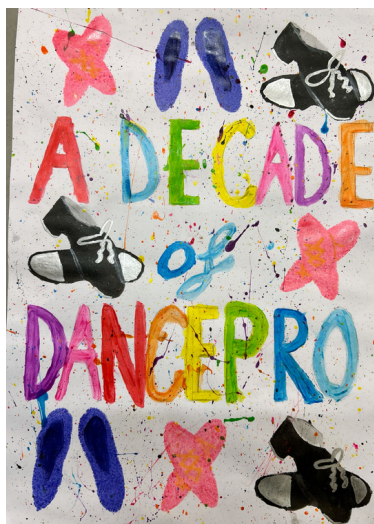




DANCEPRO'S LATEST NEWS

- Winning Poster
- Welcome Jasmine
- How much we raised for Make a Wish
- How winter weather affects children's behaviour
- Aspire Scheme- repeated
- Step out of your comfort zone
- DBS- repeated
- Tip of the month



And the winner is...

Miss Ellie- Lou, Age 7. Congratulations!!

Ellie- Lou planned out her ideas for the poster before putting pencil to paper. She asked her mum for special supplies in order to achieve the look she wanted. After sketching out the text and design she began painting using various techniques and colours before finishing with energetic splashes. I dread to think of the mess that was made creating this masterpiece, but it was certainly worth it!

I'd like to say a big 'well done' to all those who entered a poster, they were truly fantastic and it was a real struggle to choose a winner.

Jasmine, Musical Theatre

Yesterday, we welcomed Jasmine to Mondays at DancePro.

After the classes, Jasmine told me that she was really impressed with all the students and is looking forward to working with them more.

I am really excited to have Jasmine on the team as she has a world of knowledge that she is passionate about passing on to the next generation of performers!



Halloween fundraiser

It was a great week of fun before half term and it really felt like a party, everyday! Thank you for bringing your friends along and donating. So far we have raised £360!!

The just giving page will close on Friday so if you still wish to donate, now's the time!

Winter weather

I have been thinking about how the winter weather can have a significant impact on my mood and I just want to hibernate. So if it affects me then how does it affect children's behaviour?

As the temperature drops and the days get shorter, children may become more irritable, restless, and moody. Cold weather can also make it harder for children to get the physical activity they need, which can lead to feelings of boredom and frustration.

However, creativity and physical activity can help children stay positive and engaged during the winter months. Indoor activities like dance and performing arts classes can be a fun and stimulating way to pass the time, and outdoor activities like sledding, can be a great way to get exercise and fresh air.

It's also important to pay attention to children's emotional needs during the winter months. Encouraging open communication, providing plenty of warmth and comfort, and prioritising self-care can all help children feel more relaxed and happy during the colder months.

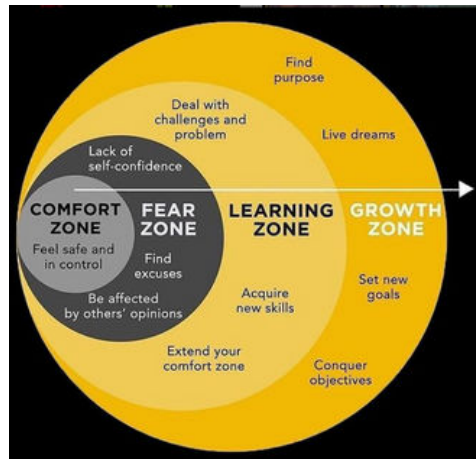


Aspire scheme

For keen, talented dancers who want to do more!

The Aspire scheme is on offer to all ISTD pupils who wish to improve and challenge themselves by participating in an extra class. Whether the aim is to progress in a single genre or in many, working at a higher level will certainly challenge them and improvement will be visible.

Aspire classes will be charged at the usual rate, with the multi class discount rate and as with all classes, half a terms notice must be given.



Stepping out of your comfort zone

Stepping out of your comfort zone can be a daunting task, but it can also be one of the most rewarding experiences you can have. When you step out of your comfort zone, you challenge yourself to try new things, to take risks, and to learn and grow in ways you never thought possible.

It's important to remember that stepping out of your comfort zone doesn't have to be a huge leap. It can be as simple as trying a new food or taking a different route to work. The key is to push yourself just outside of what feels safe and familiar.

When you step out of your comfort zone, you may feel scared or uncertain at first. That's normal. But as you continue to push yourself and try new things, you'll begin to build confidence and resilience. You'll discover strengths and abilities you didn't know you had.

This could apply to students who are unsure about performing in 'A Decade of Dance'
So if you're feeling stuck or stagnant in your life, consider stepping out of your comfort zone. It may be uncomfortable at first, but the rewards are well worth it. You'll gain new experiences, new perspectives, and a new appreciation for all that life has to offer.

DBS License

As I am sure you are aware our show will be held in Campus West, Welwyn Garden City on the 24th March 2024. To participate, you would need to be available on the 23rd and 24th March 2024.

Please could volunteers start coming forward as without help their will be no show.

If you can, please could you apply for a chaperone license or a DBS certificate so I can put it on the form for the council. Again, if I don't have enough, the show can't go ahead.



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Tip of the month

Cleaning your dirty ballet shoes

Satin and canvas ballet shoes can go in the washing machine on your usual 30 or 40 degree cycle. I wouldn't go higher than that.

When you take them out, stuff them with newspaper or socks to stretch them out so they don't shrink. (You can put them on whilst still wet, so the dry to the shape of your foot!)

If there are still dirty marks, we used to use calamine lotion or talcum powder to lighten them up a bit.

Now, there's no excuse for dirty shoes! :)