



# January 2024 Newsletter

## **Important Upcoming Dates:**

- Spring Production Costume Deposits due 1/13
- Classes will be held on 1/15, MLK Day
- Winter Break 2/25 - 3/3

## **Save These Dates:**

- May 31st - Dress/Tech Rehearsal for All Students
- June 1st - Spring Production at The Dana Center (TBA Soon!)
- June 24th-29th - NESD&T Summer Intensive Week
- July 15th-August 15th - Summer Classes (More info soon!)

## **Happy New Year!**

We are incredibly proud of all of the students who performed in our Nutcracker last month - Bravo dancers! The audience was noticeably excited about what they were watching and that's because every cast member brought their best dancing and brightest energy to the stage. If you have not yet ordered a cast T-Shirt or DVD/Blu Ray copy of this memorable event we invite you to email [nesdoffice@gmail.com](mailto:nesdoffice@gmail.com) with requests. Lastly, we'd like to thank our committed volunteer team once more - this holiday tradition could not happen without you and we hope you enjoyed being a part of it all! Here's to a new year and looking forward to the next production (on June 1st)!



Isabel & Elliot



Lily & Vivian



Lucy & Serena

We loved seeing you share your photos of our talented students on social media last month. We are welcoming new students throughout the months of January and February and hope you'll continue helping us spread the word about NESD&T offerings by tagging @nesd123!

# 5 Things Your Child Learns at Dance (Besides How to Dance!)

Your child may not aspire to be a professional ballerina or a Broadway star (just yet!) but there are endless benefits to enrolling your child in dance classes. At NESD&T we believe that every student deserves to be taken seriously and taught a high quality, challenging while developmentally appropriate curriculum in a nurturing environment. If you're new to our school or have been taking one class, consider studying in multiple classes to reap even greater rewards. Aside from the quality dance education our dedicated teaching staff provides, here are five reasons to support your child dancing more:

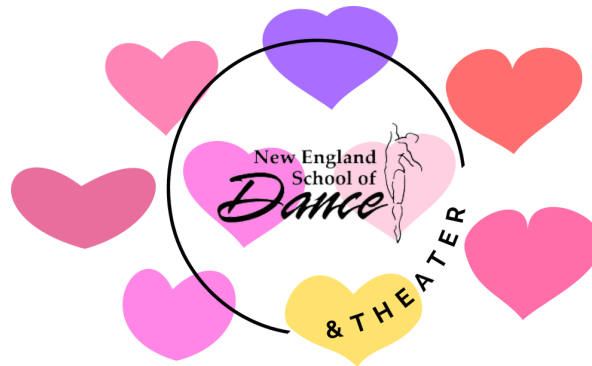
1. **Building Strong Friendships Outside of Home and School:** Our devoted dancers say they feel the dance studio is like a home away from home. When they've had a stressful day at school it's comforting to them to know there will be a whole new set of friendly faces to greet at the dance studio.
2. **Recognizing and Embracing Differences and Strengths:** When our dancers add a new class they often realize that they and their friends have various strengths and differences in each style and we love hearing them lifting each other up with comments such as, "\_\_\_\_\_ leaps really high in jazz!" or "\_\_\_\_\_ almost got her cartwheel in acro last week!"
3. **Confidence:** When children begin to learn what their bodies are capable of and how to express themselves through movement, they gain a sense of confidence and their self-esteem often improves greatly too! A shy child can blossom as a performer through the gift of dance and carry this confidence into other aspects of their life!
4. **Patience:** As we encourage classroom etiquette and create a safe classroom space, children learn how to wait their turn and pay attention to spatial awareness to make the most of their dancing space while avoiding collisions.
5. **A Healthy Body:** Did you know dancing supports heart and brain health in addition to developing strong muscle tone and flexibility? Whether your child wishes to continue dancing through college and beyond or not, our classes give them an energy outlet, cross-body coordination, overall strength and joyful physical activity that will continue to help them thrive throughout life!

## Costume Deposits

Costumes for our annual Spring Production will be ordered as soon as measurements are completed this month. Therefore, costume deposits must be paid on the 13th (the same day as regular tuition) to ensure that an entire class's costumes can be ordered at the same time while stock is available. Costume deposits are \$70 each (child size) or \$85 each (adult size) for each dance your child will perform in; for example, a child in a Preschool ballet & tap combo class will perform both a ballet and tap piece (two dances) so a costume deposit of \$140 will be posted to your account before January 13th. In the event that a costume purchased for your dancer exceeds that amount, we will post the balance due in May. We know everyone is eager to hear the show announcement and we thank you for your patience while staff completes the casting. In the meantime, if you have any questions regarding costume deposits you're welcome to email [nesdoffice@gmail.com](mailto:nesdoffice@gmail.com).



## Community Reminder



During business hours at NESD&T our staff members are occupied with teaching & administrative work and sometimes notice things that we don't have time to discuss in passing. We would like to address some observations we've made during student break times and offer ways in which we would prefer our students utilize these breaks. Please be sure to share the following guidelines with your dancer to help us improve our studio atmosphere for all:

*Instead of:*

- ★ Watching videos or using phones and tablets on voice/Facetime calls without parent or teacher supervision
- ★ Running, shouting, climbing on furniture and playing games such as "tag" in our confined spaces
- ★ Touching, moving or hiding other students' personal belongings
- ★ Sharing food and drinks
- ★ Leaving your trash/mess behind

*We would prefer that you consider these more appropriate ways to rest and recharge in the studio:*

- ★ Complete homework
- ★ Hydrate and enjoy YOUR OWN healthy snacks/light meals in the kitchen area. Students should not share food or drinks unless you're offering an extra snack to a friend in need (that you have not yet opened - please be extra cautious of this as we approach flu season)
- ★ Stretch and stay warm while chatting with friends
- ★ Connect with your classmates and check in with each other
- ★ Organize/clean up your space and help peers prepare for their next class or rehearsal
- ★ Play a quiet and inclusive game such as charades or draw/color

To further encourage a positive studio atmosphere this season we'd like to encourage students to write "Shout Outs" on paper ribbons if they notice an outstanding Act of Kindness. Dancers should see office personnel to fill out ribbons as needed!