



October 2022 Newsletter

Important Upcoming Dates:

- **Pumpkin Regatta 10/15 & 10/16**
- **Nutcracker Tickets go on sale 10/15**
- **Nutcracker Costume Fittings 10/22**
- **School-wide Halloween Celebrations 10/24-10/29**
- **Performing Company Halloween Party 10/28**



Join Us at Goffstown's Pumpkin Regatta!

NESD's Performing Company Booster Club will be promoting our programs at Goffstown's annual Pumpkin Regatta the weekend of October 15th and 16th. There will be gently used costumes (sizes Toddler/Child 3 - Adult Large) on sale for just \$5 as well as baked treats and other seasonal goods! Planning to attend the event with your family? Stop by our tent and be sure to mention NESD to your neighbors! The event takes place from 9-4 PM on Saturday and from 9:30-3:30 on Sunday - you can learn more here: <https://www.goffstownmainstreet.org/regatta>

Not yet on the performing company but want to get involved? Drop off any gently used costumes or dancewear you're done with in the lobby or E-mail nesdboosterclub@gmail.com to find out how you can help!

Nutcracker Tickets!

Tickets for Nutcracker 2022 will go on sale this Saturday, October 15th at 9 AM! You won't want to miss out on securing the best seats in the house to see your dancer glow like the lights on our "growing" Christmas tree! To sweeten the deal, look for our Flash Sale to save \$5 OFF EACH TICKET, only until 12 AM on Sunday, October 16th!
<https://1116.recitalticketing.com/landing.cfm>

Costume Fitting Day

All Nutcracker performers (except those Primary students only performing with a regularly scheduled weekly class) have been scheduled for costume fittings on Saturday, October 22nd. Please find your dancer's roles listed below:

9:00 - Polichinelles

10:30 - Rat Queen, Rats & Owls

11:15 - Mice, Soldiers & Soldier Bunny

12:00 - Clara, Fritz, Clara's Friends, Party Children & Little Party Girls, Dross Assistant, Nannies

12:45 - Kissing Doll, Harlequin Doll & Soldier Doll (Baby Dolls & Toy Soldiers will be fitted during their regular class time)

1:00 - Snow Queen & Snow Corps (Reindeer will be fitted during regular class time)

1:30 - Lead Angel, Sugar Plum Fairy, Spanish & Chinese (Angels will be fitted during regular class time)

2:00 - Shepherdess, Lead Russian, Russian Dolls, Arabian Coffee, Dew Drop, Flower Corps & Flower Petals (Lambs will be fitted during regular class time)

*Please be on time for your fitting as we need to see groups dressed together. End times are not set in stone but we will attempt to stay on this schedule.

Sign up to volunteer on fitting day here:

<https://www.signupgenius.com/go/9040E4DADAF29A0F85-nutcracker>



Volunteers Are Still Needed for 12/17 & 12/18 as well! Sign up in the lobby or via email.

Featured Fall Class:



A Musical Theater class where you will learn to dance, sing & act!

- Offered for Elementary - Advanced Levels on Tuesday nights!

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 multiple classes at NESD and visiting the studio regularly. Aside from the quality dance education, 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!
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 and joyful physical activity that might continue to help them thrive throughout life!

Community Reminders

Fall Office Hours

Mondays: Office Closed

Tuesdays: 1:00 -6:30 PM

Wednesdays: 4:00 - 8:00 PM

Thursdays: 1:00 - 6:30 PM

Fridays: Office Closed

Saturdays: 9:00 -10:30 AM

Sundays: Office Closed

If the office is not being attended and your child's teacher isn't able to answer a question you may have, please submit it in writing to nesdoffice@gmail.com and someone will reply as soon as possible.

Kitchen & Dressing Room Clean-Up

We are happy to have our older dancers in the studio for several hours most days per week and welcome them to bring snacks and meals to stay energized between classes and rehearsals. We do ask that you keep in mind the task associated with cleaning up some food choices (such as popcorn and pizza boxes) when packing your dancer's dinner. All food items should be consumed in the tiled kitchen countertop area outside Studio C and any trash that does not fit in the waste basket should be brought out with you at the end of the night. Additionally, any bandaid wrappers, toe tape etc. used by our dancers needs to be disposed of as soon as it comes off of feet - please take a look around your dressing room area prior to leaving to ensure nothing of yours was left behind. Thank you for helping to keep our studio clean!