

GRACE ACADEMY OF DANCE AND PERFORMING ARTS
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www.graceacademy.ca

OCTOBER 2020

A big thank you to all of our dancers and families for all of your support and co-operation in following all of our new protocols. We are very proud of how everyone has adapted to the changes and love that our studio continues to be a happy and positive environment for our dancers to thrive!

THANKSGIVING

REMINDER! There are no classes running from Saturday, October 10th- Monday, October 12th inclusive.

When we return on Tuesday, October 13th, the classes who have been divided into cohorts will return with Cohort A in person, until Sunday, October 18th. Cohort B will be in person from Monday, October 19th - Sunday, October 25th (and alternating between cohorts moving forward).

THEME OF THE MONTH

Each month we run a new theme for our dancers, adding to our feeling of community and providing everyone the opportunity to learn skills that will carry through into life, both inside and outside of the studio.

In September, our theme was 'AIR HUGS'. Many of our classes created class 'air hugs' - fun greetings that allowed them to maintain a social distance. We are putting these together into a video to share with the other classes. Dancers were also given the opportunity to share what they love most about dancing and we decorated the studio with their answers. Dancers shared thoughts such as : 'Being with my friends', "Learning new things", "Being with positive people", "I love expressing my emotions", "Dancing makes me feel happy!"

The theme of the month for October will be FALL INTO DANCE! We will talk about determination, learning to persevere and to get back up when you fall or make a mistake. We will discuss what each class finds the most difficult and set goals for the month . A class prize will be awarded at the end of the month for the class that most encourages and helps each other along the way.

WINGMAN FOR DANCE

Introduced last year, we will continue to participate in the Wingman for Dance Program throughout our 2020/2021 season. Wingman inspires empathy, compassion, kindness and most importantly, acceptance of all children regardless of any perceived differences. It is a perfect fit for the studio culture that we promote! We incorporated this into our 'Dance for the Cure' week last week, as we discussed ways to show kindness and practicing the inclusion of others.

HAIR/UNIFORMS

We would like to remind everyone that dancers should attend class with their hair neatly tied back off of their face. Ballet students in grade 1 and above should have their hair in a bun – using a hair net and pins. A pony tail or braid would be appropriate for modern jazz and tap.

Dancers should also attend classes in the correct uniform for all classes. A uniform list was sent out with our opening letter during registration and can also be found on our website under the FAQ page. Coming to class in the appropriate dance attire is an important part of their training. Older dancers should wear clear strap bras or black/navy sports bras with their dancewear.

Please note that dancers who have ballet class before or after another class should wear their ballet uniform for both classes. (Using convertible ballet tights for modern)

DANCE FOR THE CURE!

A huge thank you to everyone who donated and participated in our fun 'pink week' last week! We are so happy that we were able to continue to give back to this important cause, even though it was in a different way this year. Together we have raised more than \$1500!!

3-6 YEAR OLD CLASSES

We still have some spaces available in our classes for little ones. If you know someone who might like to join us to experience the joy of movement, we would love to meet them! Please pass along our contact information! Registration includes a personal 'prop kit' with a scarf, rhythm sticks and more!

Wishing all of our families a wonderful Thanksgiving Weekend! We are grateful for all of you!!