

# RAISE THE BARRE DANCE ACADEMY NEWS LETTER



## February Theme: FEELINGS & EMOTIONS

Being able to identify and navigate our feelings - whether big or small - is such an important skill for our kiddos to learn. Dancing is a fun and creative way to express and explore how we (and our friends) are feeling!

This month, we will be discussing and identifying different feelings and emotions. We will be incorporating mindfulness and awareness into our strength and coordination exercises and even practicing some calming techniques.

At home, encourage your dancer to voice and label their emotions and feelings. Challenge them to utilize the different techniques practiced in class or even share some techniques of your own.

## FEBRUARY 2023

### HELLO FEBRUARY!

One ice storm blows in then suddenly we're halfway through February!? I hope you stayed safe and warm (and sane) during our unexpected week off. Makeup classes will be scheduled and posted once I get confirmation on availability of the center. Just a reminder, measurement forms are due February 15 along with the Costume Fee and Recital Fee. Forms and fees are required for recital participation. Please reach out to Ms. Ellyn with any questions.

### IMPORTANT DATES

February 1: Registration Closes

February 15: Costume Fee Due (\$25)

February 15: Recital Fee Due\* (\$15)

March 13-17: Spring Break (No Classes)

March 27-31: Recital Meeting Week (Parent Attendance Required)

Bad Weather Make Up Classes - TBD

Saturday April 8: Spring Recital at Saginaw Recreation Center (10:00 A.M - 11:00 A.M.)

\*One per family

## CONTACT US

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