

to the POINTE



ANNA WYMAN SCHOOL OF DANCE ARTS

OCT 2009

THE FLU SEASON IS UPON US!

This year more than ever we are taking measures to ensure that the spread of the influenza virus and in particular H1N1 is as minimal as possible. We have taken small measures within the school to ensure that our students remain as healthy as possible by posting hand-washing instructions in both washrooms and supplying hand sanitizer in the waiting room for both student and parent access.

Although attendance is of utmost importance, and we encourage your child to sit in and watch their class if they are not feeling 100%, we request that you do not bring your child to class if they are sick or have symptoms of influenza. Below are some things you may wish to consider as you try to determine if your child is ill, and should not be attending dance class. Please keep your child home if he/she:

1) Has symptoms of fever, cough, sore throat, body aches, headache,

constant runny nose, chills and fatigue

2) Has vomited or had diarrhea during the previous 24 hours

We make these requests for the following reasons: The protection of others. Germs spread easily and quickly through children — we want to maintain a healthy environment for everyone.

A child's recovery could be delayed. He/she is more likely to acquire other illnesses when the immune resistance is reduced. The inability of your child to focus and function in activities may possibly create an unsafe situation for your child's participation. Thank you for your cooperation in helping prevent the spread of illness and influenza. ~ The Anna Wyman School of Dance Arts

OPEN HOUSE SUCCESS!

It was a beautiful sunny day for our Open House on September

19th and we'd like to thank everyone who came out to support our school! Congratulations to the following people who entered our door prize draw and won!!!

Deborah Young (students Kelsey & Torri) • Winner of a fantastic Dance Bag and His & Her Roots Watches

Juliana Lane • Winner of His & Her Roots Watches

Brigitta Shore (student Grace) • Winner of a \$20 Gift Card @ Northshore Ski & Board

Elsa Wah (student Sarah Tam) • Winner of a \$20 Gift Card @ Northshore Ski & Board

Kelsey Compagna • Winner of Legg Warmers and a \$20 Gift Certificate to Duck Feet

Ashley Davies • Winner of Legg Warmers and a \$20 Gift Certificate to Duck Feet

Thank you to Duck Feet Dance Supplies, Candice Henderson, and Barbara Keiser for their generous donations!

LAST CHANCE TO ORDER SUMMER CONCERT OF DANCE 2009 PHOTOS!

If you have yet to stop by the school and take a look at the wonderful photos that were taken of our students in their June 2009 performance costumes, now is the time! Photos will only be on display until the end of October and can be ordered through the office. These photos make a lovely Christmas gift or keepsake for grandparents, aunts and uncles, so order duplicates!!

ADVICE FOR DANCERS

I am a female dancer who really wants to become more flexible. Are there special leg exercises to help me? I want to do splits and raise my legs higher.

As we all know, every dancer's body is different. This means that you may fall within the normal range of motion or be tight-jointed or hypermobile. Interestingly, while loose-jointed dancers often get into professional training programs, they are more likely

to develop injuries over time. Consequently, these dancers do best when they include strengthening exercise in their training program. In the case of tight joints, regular stretching (after you're completely warmed) can improve your flexibility within your natural range of motion.

Still, the way you stretch is important. Ballistic stretching, such as bouncing, tightens your muscles rather than lengthening them. You can also tear muscle fibers by forcing your splits, leading to bleeding and scar tissue. A better way is to stretch each muscle group slowly for twenty seconds, using your breathing to help. This approach covers the whole body spectrum, including your turnout muscles, the front of the thighs, and the inside and back of the legs, as well as the back, waist, and shoulder muscles. It's also important to keep proper placement during stretches, so please don't let your feet roll in while stretching your calves.



DRESS REHEARSALS FOR WINTER CONCERT 2009

Attendance at the dress rehearsals is of utmost importance. All students are required to attend both dress rehearsals on November 29th and December 6th, 2009 if they are performing in the December 12th show at The Centennial Theatre. Exceptions: Pre-Primary Students (pre-school, Pre-Kinder, & Kinder) do not attend dress rehearsals, and Primary RAD Ballet & Tap 1 & 2 Song & Dance students only attend the second dress rehearsal (Dec. 6th)

Please mark these dates on your calendar. If you are unable to attend, please provide the school with the following by Nov 1st, 2009:

- » Physician's note if you are unable to attend due to medical reasons
- » Letter of explanation to be handed in to your teacher and the office.

Your cooperation and understanding regarding this matter is greatly appreciated, so that dance choreography is not impeded.

INVENTORY SALE!

The Anna Wyman School of Dance Arts will be holding a 'gently used' costume sale on Saturday, October 17th
From 9:00am - 12:00 pm
1457 Marine Drive, West Vancouver
Get ready for Halloween or stock up your dress up box!
Nothing over \$10!!

Thanksgiving Day Holiday October 12TH School Closed



Saturday, December 12th,
Matinee 2pm
Evening 7pm

Centennial Theatre
2300 Lonsdale Ave.
North Vancouver

Concert Tickets go on sale Monday, November 16th
from 2pm - 8pm at the School
1457 Marine Drive, West Vancouver,
or can be purchased at the
Theatre on the day of the show.

Adults · \$22
Seniors/Students · \$15
Child {under 12yrs} · \$12