



# Newsletter

August 2018

## Welcome to BSSD for our 2018/19 Season!

September is almost here, and we will soon be ready to begin another great dance year. We look forward to meeting our new members and re-connecting with those who have been with us in the past.

We are delighted to have most of our talented, dedicated teachers returning for the upcoming 2018/19 season ... plus, we will be welcoming a couple new faces. As BSSD grows, we are thankful to have the opportunity to work with such great teachers each year!

A couple of new faces in our teaching ranks will include Miss Sarah, Miss Sabrina, Ms. Lindsay, Miss Mackenzie and Miss Jordan.

Please note that there have been a few updates and changes to the Master Schedule over the summer. The revised copy should be posted on the website by September 1st. It's always a bit of a shuffle as the beginning of the season draws near and classes are altered as a result of registration numbers, etc., but we hope to have everything finalized soon. Thanks for your understanding and patience.

We look forward to working with all of our teachers and students throughout this new season and wish everyone the best of luck in the 2018/19 dance year!

## Dance Camp

There is still room for your dancer in Dance Camp, running August 20 - 25th!

Check out the next page for more information!

## Classes commence the week starting ... Saturday, September 8<sup>th</sup>

Check the website after September 1st for the most up-to-date schedule.

Each family will receive a confirmation letter for their child(ren) in a separate e-mailing to be sent out by September 1st. If you have not received a confirmation letter email by Sunday, September 2nd, please contact [president@beaumontdance.ab.ca](mailto:president@beaumontdance.ab.ca)

## Ballet Exam Classes

Reminder the following Ballet Exam Classes start Tuesday, September 4th with Ms. Sandie. The schedule is as follows:

**Tuesday September 4 & Thursday, September 6**

4:00 to 5:00 pm Grade 8  
5:00 to 6:00 pm Grade 5A  
6:00 to 7:00 pm Grade 1A  
7:00 to 8:00 pm Grade 4A  
8:00 to 9:15 pm Grade 6

**Wednesday, September 5 & Friday, September 7**

4:00 to 5:00 pm Intermediate Foundation  
5:00 to 6:00 pm Grade 3A  
6:00 to 7:00 pm Grade 2A  
7:00 to 8:15 pm Grade 7

All other classes commence as per the schedule. **Note: this schedule is only for this week. It will go back to the regular schedule when regular classes start on the following week.**



## ALREADY MISS BSSD? SIGN UP FOR DANCE CAMP!

Mini	Junior	Intermediate	Senior	Advanced
Completed 1 year: Intro to Dance, Primary Foundation Ballet, Primary Ballet, or Primary Jazz.	Completed 1 year: Jr. Jazz 1, Jr. Jazz 2 or Jr. Jazz 3.	Completed 1 year: Jr. Jazz 4, Intermediate Jazz 1, Intermediate Jazz 2	Completed 1 year: Intermediate Jazz 3	Completed 1 year: Senior Jazz or Advanced Jazz.
\$125 + \$10 shirt fee	\$265 + \$10 shirt fee	\$340 + \$10 shirt fee	\$340 + \$10 shirt fee	\$45/3 or \$60/5 + \$10 shirt fee

Registration forms can be found on the BSSD website. Please email [bssdsummercamp@gmail.com](mailto:bssdsummercamp@gmail.com) to register or find out more about Dance Camp!

**NEW**  
t-shirts this year!  
\$10 will be added to the price of each camp so every dancer receives a \$10 limited edition dance camp shirt!

## Grooming, Attendance & New Dance Uniform Requirements

Regular attendance at class is important as each week the teachers add on to what has been learned from the previous week. If a member is unable to attend class, please let your teacher know the reason for the absence at the next class. If you have a planned absence, such as a holiday scheduled, please let your teacher know prior to leaving. For more information on when multiple absences occur, please see the information package on the website.

It is very important that all students come to class prepared. They should have on a clean bodysuit, as well as the required footwear. There is a "no underpants" dress code (as they are visible underneath bodysuits), no makeup, jewelry, or nail polish for ballet, jazz and tap classes.

Each year, we have a number of instances where dancers are not coming to class in the appropriate coloured body suits and tights as per our uniform requirements. Please see the website for a listing of the required items. If you have back to back classes -- for example, jazz to ballet -- please let your teachers know. They will discuss with you what to wear so that you do not have to change between classes.

There have been some adjustments to our Uniform Requirements this season. Please check the website.

## Character Skirts Made To Order

Master Sewer, available to make Character Skirts.

Contact Ranjit Panesar  
780-298-4341

Ranjit will be set up during Fall Registration for anyone who'd like to get a skirt made-to-order.

Due to high demand, Anita Kaun's mom will be providing seamstress services for character skirts.

Small (typical child size 0-10, shorter length): \$40  
Medium-Large (typical child size 10+, longer length): \$50

This will include:

- Black skirt
- Choice of pink, purple, blue ribbon shades (3, light to dark in shade)
- exact measurements taken at order

Anita be hosting the measurement session on Sat, Aug 25 at Dance studio from 12:00-1:00. If you are unable to attend, you will be required to submit measurements with the understanding that the seamstress is NOT responsible if skirt does not fit properly.

They are currently able to take 12 orders. First come first serve. Please email Anita at [jagikaun@telus.net](mailto:jagikaun@telus.net) to reserve your measurement spot or to answer any questions.

## Communication

We feel that communication is very important to the success of our program. You will receive one phone call at the start of the year from a member of the phoning committee to find out if we have your correct information and if you have received your confirmation letter and newsletter.

Most class cancellations will be done by email this year.

We will be relying on email blasts, the website, the bulletin board, Facebook, and our monthly electronic newsletter to get information out as you need it. We rely on YOU to keep yourself informed by referring to these methods for information regularly!

## BSSD Fall Registration Nights

Wednesday, August 29th  
from 7-8:30 pm  
CCBCC

Thursday, September 6th  
from 7-8:30 pm  
Beaumont Town Awareness Night  
Eaglemont Church

Note: Pick-up will be also available at this time for pictures & DVD's from last season. These were included as part of your registration fees for 2017/18 for show participants.

## BSSD Refund Policy

Registration Fees are non-refundable. Refunds for any reason are only available up to and including October 15th. Refunds will be pro-rated based on \$20.00/hour of instruction as of the date of notification. Refunds will not be issued until November 2018. All notification must be received by email to [bssdregistrar@gmail.com](mailto:bssdregistrar@gmail.com)

The Society establishes its budget based on registration fees, and offering refunds past the deadline jeopardizes the successful operation of the Society and has an impact on the remaining dancers. You are required to post-date one cheque for Volunteer & Fundraising requirements. This cheque will be cashed if your duties are not fulfilled, or it is destroyed when all your duties are completed.

If you are in Performing, the Performing Fee is non-fundable at any time.

## Candid Pics Available for Viewing

A reminder that there are candid backstage and daddy daughter dance pictures available for your viewing pleasure at the following links:

<https://bssdbeaumontdance.smugmug.com>

If you're interested in downloading any of them, just right-click on the picture and save it to your computer. Available for FREE!

## Farewell & Welcome to BSSD Executive Members

We would like to take this time to say good-bye and thank you to Jessica Jardine for her hard work and dedication for the past three years.

A hearty welcome is extended to Shauna Aherne as Costume Director who will join our hardworking and dedicated Executive for the upcoming season. Welcome aboard!

For a complete listing of the Executive and their current contact information, please visit the website at:

[www.beaumontdance.ab.ca](http://www.beaumontdance.ab.ca)

## Confirmation Letters Are Coming...

The confirmation letters are set to be sent out to all the BSSD dance families by September 2nd. As in years past, we always try to aim for distribution of these prior to.

These letters will remind you as to what classes your dancer is registered in and the days/time/ locations for those. We always encourage people to make a copy or, better yet, TAKE A PICTURE with your phone of your completed form when you register, so that you will have something to reference in the meantime. Something to remember for next year, perhaps, if you did not think of it this time.



## Adult Dance Classes Offered!

Adult Tap – Thursdays from 9-10 pm  
&/or

Adult Hip Hop – Mondays from 7-8 pm

There's even enough time to do BOTH!!  
Contact us for registration details.

## Upcoming Events

August 29th Fall registration  
CCBCC, 7-8:30 pm

September 6th Final registration  
Town Awareness Night,  
7-8:30 pm  
Eaglemont Church

September 8th Classes Commence

## Solo/Duo/Trio Contracts

Please note that all contracts for the 2018/2019 season have been distributed for the 2018/2019 season. Most students requests were accommodated.

If you did put in a request and you didn't receive a contract, that may have been due to teacher availability of solo/duo/trio spots available.

If you have any questions email [president@beaumontdance.ab.ca](mailto:president@beaumontdance.ab.ca)



## Facebook Page Available for Dancewear Sales

For all you Facebook peeps, this is a reminder that there is a Facebook page available where you can sell or buy dance gear. This page gives you a great chance to connect with other dance families throughout the year who are needing items. The page is called:

"Beaumont Dance Wear Buy and Sell"

- Lost/Misplaced Items -

You could also use this page to contact people regarding any LOST or misplaced items at the dance studios, as we have a good number of issues each year with items that go missing. Unfortunately, BSSD is unable to take responsibility for this and cannot send out notifications for each incident.

We cannot stress enough how important it is for everyone to mark their dancer's name in their belongings – dance shoes, water bottles, jackets, street shoes, boots, bags, etc. EVERYTHING that they bring to the studios should have their name on it!!

And one more reminder to all of our dance families: please double check your gear before you leave the studio to ensure that you have everything that belongs to YOU ... and nothing that belongs to anyone else. If we all are diligent and work together, we can have a great year with little or no incidents like this!

## M&M Classes

Please note that the M&M families will be notified directly as to when their classes will start and what the class times will be, as we're still finalizing some of the details on this.

## Boots & Belongings \*\* Important \*\*

Please remember to place your outdoor shoes on the designated mats/racks upstairs outside the studios. And please put them to the side as much as possible, to reduce the tripping hazard and hopefully allow for a clear aisle in which people can walk.

With all three studios side by side, we have quite a good sized crowd of dancers up there at any given time and a LOT of paraphernalia scattered everywhere. **PLEASE MARK YOUR DANCER'S NAME IN ALL BELONGINGS** – boots, dance shoes, jackets, dancewear, etc. It's so much easier to try and get things back to their rightful owners if they have names marked inside them!

Coats and backpacks should be left in the cubbies or on the hooks, but dance gear (and valuables like cell phones, etc.) should be taken into the studio and left along the end wall. Last season, we noticed many valuables left laying around in the hallways and in the Homework Room. Reminder: that upstairs lobby area is

NOT entirely secure, so do not leave valuable items outside the studios. BSSD is NOT responsible for lost or stolen items, so we all need to do what we can to keep these incidents to a minimum.

If you think you will need extra water, please bring a second bottle from home with you. There IS a cooler in the Homework Room, again, but BSSD would appreciate it if you could use water from home first to minimize the high cost of the purchased bottled water. If we have issues with people abusing the water cooler, as we did last season, it will be removed again.

Double and triple check that you have everything AND that it belongs to YOU before heading out the door after class. Lost and Found items are located inside the black benches inside the Homework Room.

And please clean up after yourselves if you are using the Homework Room or lobby. This is our home; let's all work together to take care of it and keep it looking its best!!

## Parking Reminder For CCBC Studios \*\* Please Read Carefully \*\*

Please note that the parking available along the Senior's Centre (the building next door to the west) is completely designated for visitors to the Senior's Centre ONLY. **PLEASE DO NOT PARK THERE.** The opposite side of that little area, closest to our entrance is a designated fire lane. **PLEASE DO NOT PARK OR DROP OFF DANCERS ALONG THERE.**

In order to help with the flow of traffic and make things safer for our dancers, we ask that you enter the parking lot on the EAST side only. You may then choose to park on the EAST side of the building where there are ample parking spots available, or along 50th Avenue, across from École Bellevue School. You may park and wait for your dancer on the EAST side, so they can safely follow the sidewalk along the front/south side of the building around to your vehicle after their class.

The front of the building is for "kiss and go" drop off ONLY. Please do not park along there or wait to pick up dancers there. Please ensure if using the "kiss and go" area that you have entered the lot from the East side. Please exit the parking lot on the WEST side only.

This should help make drop offs and pick ups a lot smoother and safer for our dancers ... and allow us to be better neighbours to both the seniors and to other user groups in the building. Thank you so much for your co-operation on this, as we all work together to make this function smoothly for everyone.

Please drive carefully, as parking lots in general can be very hazardous for drivers and pedestrians alike.



## The Benefits of Dance for Kids

### OVERVIEW

If you have kids, you may be wondering what is the best way to channel their seemingly boundless energy. While traditional team sports are a good way to get your kids physically active, they may not be right for younger children. Dance classes are a great alternative to team sports, and most studios offer lessons for children as young as two or three. Participating in dance classes can be beneficial for kids of all ages.

### IMPROVED PHYSICAL HEALTH

Dancing is a highly physical activity, and kids who take dance lessons regularly should expect to see a significant improvement in their overall physical health. According to Pro Dance Center, regular dance practice can increase your child's flexibility, range of motion, physical strength and stamina. The repetitive movements involved in dance can improve muscle tone, correct poor posture, increase balance and coordination and improve overall cardiovascular health. Dancing is an aerobic form of exercise. For children who are overweight, it can potentially help them to lose weight and improve their eating habits.

### SOCIALIZATION BENEFITS

In addition to being a physical activity, dancing is also a highly social activity. According to "FamilyTalk Magazine," dance lessons can help children improve their social and communication skills, learn how to work as part of a team, develop a greater sense of

trust and cooperation and make new friends. If your child is shy, enrolling her in dance can encourage her to reach out to other children her age and help to reduce her anxiety about new people or places. Dance can also help to alleviate fears related to performing in front of an audience.

### EDUCATIONAL BENEFITS

Becoming a skilled dancer requires practice, discipline and focus, skills that can be useful in other areas of your child's life. According to "FamilyTalk Magazine," dance lessons can help to spark creativity in young children and help them to develop an appreciation for the arts. Students who regularly participate in dance lessons typically tend to perform better academically than their nonparticipating peers. "FamilyTalk Magazine" estimates that students who have a background in dance tend to achieve significantly higher SAT scores and do better in math and science competitions.

### IMPROVED SELF-ESTEEM

As children adjust to the movements and postures required in dance, they begin to get a better sense of their bodies. As they become more comfortable in their own skin, their confidence and self-esteem also improve. According to EduDance, dance lessons can encourage children to foster a more positive attitude and explore their own self expression. This can be particularly beneficial for children who are physically or mentally impaired or those who are attempting to deal with significant emotional problems.

## Spud Fundraiser!

When you buy fresh fruits and veggies, our fundraiser gets 25% back!

Did you know you could support our fundraiser simply by doing your grocery shopping? We're partnering with [SPUD.ca](http://SPUD.ca) to reach our goals! You can help by ordering a box (or 10!) of local, organic produce. Here's how:

1. Create a free account at [SPUD.ca](http://SPUD.ca).
2. Visit [spud.ca/fundraising](http://spud.ca/fundraising) or click Produce Box Fundraising under the Home tab. Add a produce box to your cart. Only produce boxes on the fundraising page qualify for a donation.
3. At checkout, enter the promo code **FUNDRAISING** and choose our group from the drop-down list. The **FUNDRAISING** promo code cannot be combined with any other promotion on the same order.
4. Complete your order and receive your healthy produce delivery at home or work.
5. 25% is donated to our fundraiser! For support placing your order, please contact Heather Mowat at 587-989-6463 or [heather@spud.ca](mailto:heather@spud.ca). For general fundraising inquiries, email [fundraising@spud.ca](mailto:fundraising@spud.ca).



### ABOUT SPUD.CA

SPUD.ca is a full-scale online grocery store that delivers local, organic food to your home or workplace. SPUD focuses on real, healthy and sustainable produce and gives back to community groups through fundraising initiatives like this one!

## BSSD Dancewear!

The on-line store is available through the following link:

<https://www.customsportsswag.com/bssd>

AND we have also placed a special button on the BSSD website to access the store at the click of a button! [www.beaumontdance.ab.ca](http://www.beaumontdance.ab.ca)



ballet  
edmonton

Wen Wei Wang  
Artistic Director

## BALLET EDMONTON IS LOOKING TO GROW OUR VOLUNTEER FAMILY!

If you enjoy meeting new people, seeing a ballet for free and helping the arts and culture scene thrive in Edmonton, consider becoming a Ballet Edmonton Volunteer!



## Ballet Edmonton Home Tour (BE Home Tour) September 22<sup>nd</sup> and 23<sup>rd</sup>, 2018

This is our longest running signature fundraiser!

This role is 5 hours long and involves playing host in one of our lovely tour homes while ticket buyers walk through. This is a perfect job for friends who love interior design and enjoy chatting with the public. Your job is to ensure the homes are respected and nothing is touched or taken. It's a nice day with a group of friends as we can place you together and there is plenty of time to visit. A Team Captain will contact you and explain the duties in more detail once you sign up.

### Perks for all our volunteers:

We appreciate your time so we would like to offer you ...

- A free ballet ticket to any performance of our 2018/19 season
- A free Citie Home Tour ticket on the day you are not volunteering so YOU can take the tour

Visit our website at [BEHometour.ca](http://BEHometour.ca) or email [sheri@balletedmonton.ca](mailto:sheri@balletedmonton.ca)

**art that moves**