A Word from our Artistic Directors

Happy 2019! We hope all our dancers had a wonderful winter break and are ready to get moving and dancing again! We are excited to begin working on our two recitals: Primary Recital for Levels 1-3: It’s a Bug’s Life! And our Senior Recital Levels 4-7 and Adult dancers: A Journey Through Time. In class we will begin exploring the characters we will be dancing as on stage and how we can translate these characters’ qualities into movement and dance. We are excited to once again present two dance shows that will be entertaining for all ages!
**Dress for Success!**

While we do not adhere to strict dress codes at the studio we do ask that your dancer come dressed for dance. We allow choice through the colour and style of leotards in ballet/tap, and of leggings and athletic tops in hip hop/tap but we have seen a trend in children coming to class dressed in non-dance attire. In the same way that you would wear a swim suit for swim class so that you are not bogged down in the water it is just as important to wear dance clothes to dance class. Baggy sweatshirts and pants, jeans, hoodies, baggy t-shirts make it difficult for your child’s teacher to assess their alignment and movement. Appropriate dance shoes are also very important for our dancers to allow for turning, movement at barre or supporting the foot in Hip hop. It is also very important for hair to be pulled off the face for safety reasons. In levels 4 and up we do a lot of turning and spotting. Ponytails sometimes whip dancers in the face and a quick bun using a Dollarama bun donut can be a simple solution to this problem. We want our dancers to be able to move to their full potential and coming dressed for success is key to this.

For a quick bun making tutorial [click here](#) to see Ms Chantel and Madison do a 1 min ballet bun! (Please note this is last year’s video and costume week does not begin until Jan 19th!)

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**The Importance of Water for Children**
As the holidays are coming to a close, and families are returning to the craziness of everyday life, one thing that cannot be forgotten is ensuring that you and your family are drinking enough water.

Water is the number one beverage that Canadians should be choosing every day, yet unfortunately that’s not always happening. Water is being replaced by flavoured beverages such as juice, pop, and sports drinks, which all contain a hefty amount of sugar and calories that many of us don’t need.

For your kids, the negative effects of these less healthy drinks may be even larger than in adults. While children need energy for growth, and they may be physically active, requiring additional calories and energy, the calories from those drinks are often more than they need for optimal growth. The sugar found in these drinks can also contribute to a risk for dental cavities. These sugary drinks are certainly acceptable once-in-a-while, for a treat or special occasion. However, water, or low fat milk are the best options for children to be drinking on a regular basis.

Adequate hydration can help with concentration (important for kids who are constantly learning, and spend a great deal of time at school), healthy skin, and proper muscle and joint function, which, as dancers, is something that is highly important! J

* Milk contains calcium and vitamin D, which work together to help us have strong healthy bones. It is preferred over juices, pop, and sports drinks which do not contribute to bone health.

**January Dance Concepts: Level and Focus**

This month our dancers will be exploring the concepts of **Level and Focus**.

Movement can exist on three different levels:

**High**: movement that happens above the shoulders  
**Middle**: movement that happens between shoulders and hips  
**Low**: movement that happens below the hips

Dancers use focus in different ways for different purposes when they dance:

**Single (direct) focus**: viewing one person or object, or having a single or direct intention with the body or a body part.  
**Multi (indirect) focus**: viewing several people or objects. Focus and movement may be scattered.
Does your child want to take JTap® next fall?

A reminder that if your child wishes to take part in the Full Year Tap Performance program they must have completed a sessional program first in order to receive a level recommendation with the exception of Level 1 for 3-5 year olds. Winter and Spring sessional Taptastic Kidz will be the final opportunities to take a tap sessional class and be eligible for the 2019/20 Full Year JTapProgram. Click here for Registration Information

Winter Recitals

Over the next few months all full year dancers will begin preparing for the Winter Recitals.

An important Recital newsletter will be coming out next week – please keep read it carefully and keep a copy of it handy as your reference guide. It will include all dates, times, show details, ticket and venue information.

Please be sure you are reading ALL communications (newsletters, email, etc) from J’Adore Dance over the next few months so you do not miss out on any important information.

By marking all important dates, times, and locations in your family calendar and keeping copies of recital communications we hope all our families will stay informed and can have a positive recital experience!

Upcoming Key Dates

Costume Fitting Week: January 19-25. Please plan to attend the first 15 minutes of your child’s class to assist them with trying on their recital costume as well as receiving directions on costuming and hair requirements for recital. There will also be an important parent meeting regarding recital details following the fitting time with Ms Chantel or Ms Liesa for each class.
Primary Recital Ticket Sale Night: Friday January 25th 7pm-9pm at J’Adore. More information regarding this can be found under the Recital Information in the Parent Documents and details will be reviewed during your class’ parent meeting following your costume fitting.

***IMPORTANT CHANGE*** - Due to the number of families in the Primary recital, Primary Recital tickets will be on sale AT THE STUDIO this year not Online. Tickets are limited to 4 tickets per dancer in round one. Remaining tickets will be available first come first serve. Recital Ticket sales will be cash only ($20/ticket inclusive of all service fees and taxes).

Tickets will be on sale Friday January 25th from 7:00-9:00.

Primary Recital (J Ballet, J Hop and J Tap Levels 1-3) February 23rd

Please check the show listing and ensure a) If your child is in two classes and in the same show their costume change is indicated at the bottom, b) If you child is in two classes and they are in different shows that you are have spoken to Ms Chantel about the tickets for the second show.

Am and PM Primary Recital Groupings by Show - Click Here
Senior Recital (JBallet, JHop and JTap Levels 4-Youth) : March 15-16
All Students in Both Shows. Tickets go on sale Saturday January 26 via Ticketfly. The Recital newsletter will come out in January with more details and these will also be covered during costume fitting week in the parent meetings.

Questions/Concerns/Comments?

Please contact Ms Chantel (chantel@jadoredance.com) with any questions, concerns, or comments regarding the full year performance programs.

Please contact the front desk ( info@jadoredance.com) with any questions or concerns related to dance wear, absences and registration for sessional programs/workshops.

Please contact Ms Annie (annie@jadoredance.com) with any questions related to payments.