

Celebrating 20 years of dancing excellence and community



ADOPTING AN ATTITUDE OF GRATITUDE

February is the shortest month of the year and is commonly known as the month of love. This is also a great time to express gratitude and this is the topic of discussion for this month. The definition of gratitude is: the quality of being thankful; readiness to show appreciation for and to return kindness. The first part of that definition is thankfulness. What are you thankful for? When we asked some of our students this question we received an array of answers. One student mentioned they were thankful for their teacher. Another student mentioned they were thankful to be taking dance class. Some of our smaller friends mentioned they were thankful for their families, pets and toys. The second part of the definition of gratitude is readiness to show appreciation. There are so many ways to show appreciation that cost nothing. Teachers often show appreciation to their students by thanking them for their hard work in class. Students can show appreciation to teachers by thanking them for class when class has ended or by giving an elbow bump or air high fives. How do you show appreciation to those around you? Sometimes a simple word of appreciation goes a long way. The last part of the definition of gratitude talks about returning kindness. This can be done in so many ways. When a friend helps you out in class you can return the kindness by expressing your gratitude. Another example would be if you were doing groups in class. You performed and they expressed excitement for your group, so when the groups switched you now have the opportunity to reciprocate that kindness.

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ATTITUDE OF GRATITUDE

February is a great month to reflect on what we are grateful for!

JANUARY STUDENTS OF THE MONTH

Each of our instructors would like to acknowledge their student of the month picks!

COMMUNITY SERVICE PROJECTS

Updates on all of our Community initiatives!

RECITAL NEWS

Mark your calendars for June 12, 2021 as we celebrate our 20th year! U[date on when recital forms are due!

COVID PROCEDURES UPDATE

Reminder of Covid protocols and why we are doing what we are doing.

ATTITUDE OF GRATITUDE CONTINUED

What are the benefits of adapting an attitude of gratitude? Numerous studies have been conducted on this topic and there are common themes that have emerged. Gratitude unshackles from toxic emotions, helps even when you don't share it and has lasting effects on the brain. Like any habit, it takes time to build lasting effects of an attitude of gratitude. An easy way to start is to allow time each morning to express 1-3 things that you are grateful for. Speaking these into existence will set the tone for your day. We would love to know what you are grateful for. Starting February 8th, we will have heart cutouts available in class where your dancer can write down what they are grateful for and we will place their heart on our gratitude wall in the lobby. We can't wait to read what our dancers are grateful for!

Love,
Ms. Heather



JANUARY STUDENTS OF THE MONTH

The following students have been chosen by one of their instructors as January Student of the Month. Congratulations and keep up the great work!

- | | |
|------------------------------|--------------------------------|
| Ms. Kira – Sophia Galvan | Ms. Maggie - Alliana Suarez |
| Ms. Mekenna – Reese Hamilton | Ms. Katie - Ainsley Moody |
| Ms. Marie – Nitya Khurana | Mr. Calvin - Ava Jones |
| Ms. Jenny – Hazel Davenport | Ms. Heather - Penelope Yenchik |
| Ms. Hailyn – Karma Miller | Ms. Kelsey - Reese Jumper |



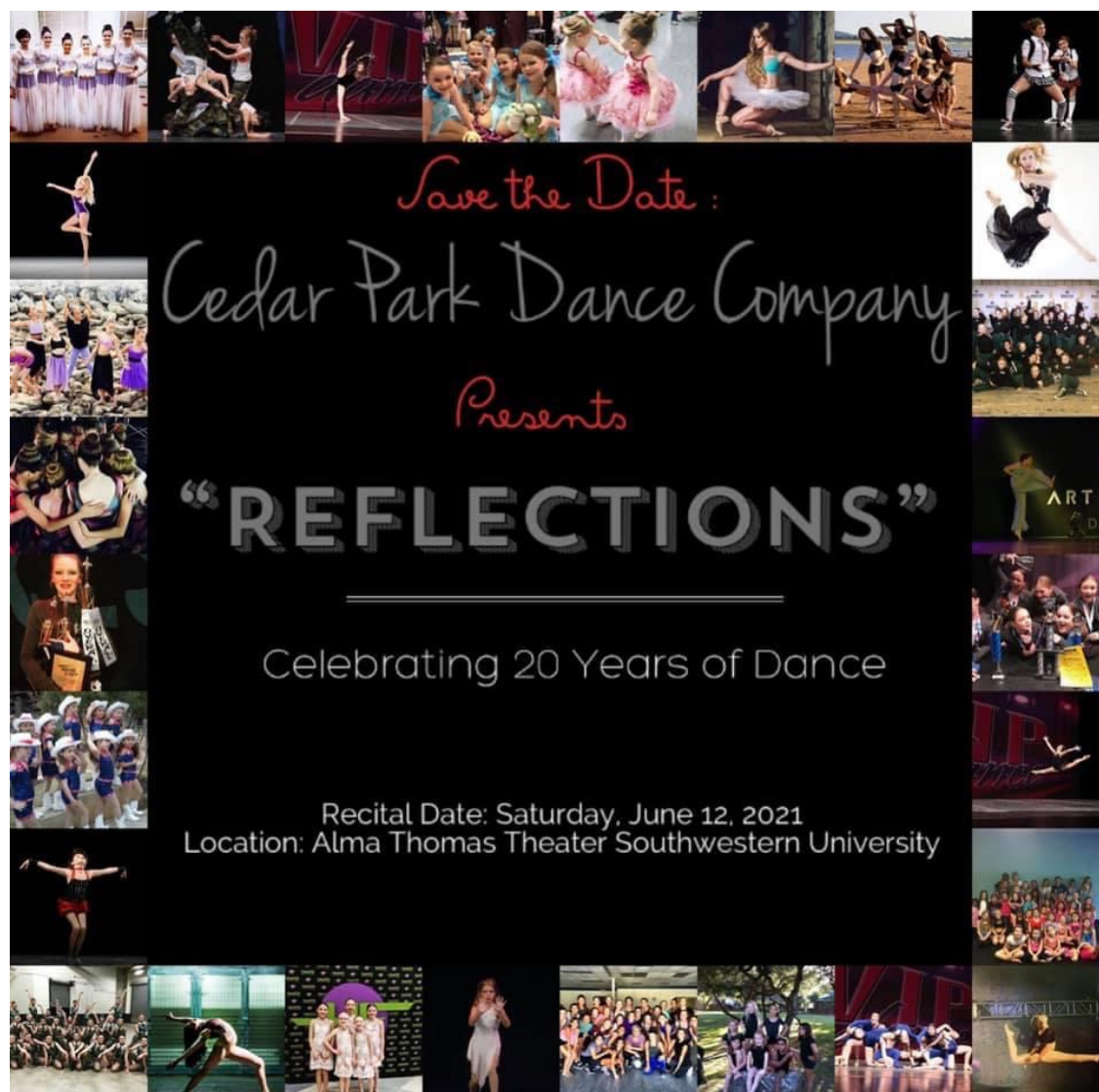
COMMUNITY SERVICE UPDATE

We are going to continue collecting used dance wear, dance shoes and costumes throughout the end of the month to donate to Traveling Tutus. We have a bin located inside by the front door. Stay tuned for our next months initiatives. As always, thank you for participating and giving to others!



COVID PROTOCOL UPDATE

Masks are still required for all dancers 7 and up to enter the studio and in class. We've also been asked why parents are still not allowed inside. The simple answer to that is due to the fact that we can not adequately social distance with parents inside of the studio. Thank you for your continued understanding and support of studio protocols as we continue to keep our staff and students safe!



There will be a recital fundraiser this year in the form of a gift card raffle. Dancer's will receive 50% of total ticket sales and it will be applied directly to your studio account. Raffle tickets will be available to pick up starting Monday, February 15th. The raffle drawing will take place live on our CPDC Facebook page on Monday, March 8th at 7 p.m.

Recital forms are due by February 28th. An electronic copy was emailed to you and paper copies are available right outside our front door.