

September 2018

Pick up your very own copy at the Snack Bar!

STAR'S Coffee & a Paper

Class of the Month: Theatre Dance!

Dance to your favourite songs from Broadway. Your child will learn dance steps used in Broadway Musicals from today and also from some of your all time favourites, like Hairspray, Footloose and Wicked. This everybody level class includes variations for beginners and dancers with moderate experience.



In the Community

New to Star! Flamenco classes!

FREE trial class!

Come on out to try this fun new style!

[Mini/Junior Intro Flamenco](#)

Tuesday 4:30-5:25

[Inter/Teen Intro Flamenco](#)

Tuesday 5:30-6:25

Call us at 519-886-8600 or email us at office@starperformanceacademy.com
And we can help get you started!

Upcoming Dates

September 10th
Fall Classes Begin!

September 17th - 21st
Bring-A-Friend Week!

September 24th - 28th
Two for a Toonie Week!

October 8th
Thanksgiving Monday - STUDIO CLOSED

October 24th - 30th
Halloween Hullabaloo

October 31st
Halloween! - STUDIO CLOSED

Fall Classes begin on Monday,
September 10th 2018

5678 Blog! - Kristin Werner

5678 Blog!

By, Kristin Werner

Wow! September has flown in like a flock of Canada Geese! I don't know about you, but I am feeling an urgent need to get organized, take the new season by the ripped tap shoe laces and tell it who is boss! Step one for me is to get new laces for my tap shoes. But our Star Fam parents might have a few other things to do! Here are some things I do to get my family ready for the season.

1. **Check out the dress code.** Each year for dance, dance supply companies change their list of the latest trends and styles and get rid of what is not working, and add new and hot styles of dancewear and dance shoes. Check your inbox for the latest version of Star's Dance Dress Code. For music and acting, make sure you have comfortable clothes and indoor shoes, and you're good to go!

Speaking of inboxes, here's another great tip...

2. **Create a filter for all emails** from office@starperformanceacademy and emails containing the keywords "Star Performance Academy," "Star Team." Your inbox can either label them, or put them into one folder. Never will your Star Mail wind up in the spam box, or buried in your promotions folder again! Star Mail topics include monthly newsletters, new program announcements and also important information about your year like dates, showtimes and more. Stay "in the know!"

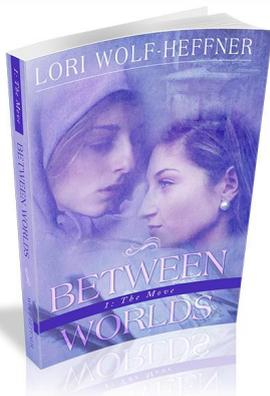
And in that newsletter, Star's "Coffee and Paper" you can find recipes like this...

3. **Get healthy!** I like to make batches and batches of energy bites and put them in my freezer. These are great for in the car on the way to class, or during *Nutrition Breaks* between classes! Pinterest is Stocked with these things, but here is a basic one: (cont'd on page 3)

Star Trivia:

Question 1 - What is the name of the clamp used to temporarily shorten the strings on a guitar?

Question 2 - What are the strings on a classical guitar primarily made of?



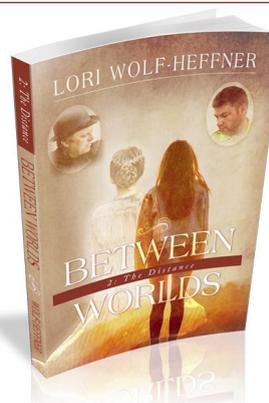
BETWEEN WORLDS

1: *The Move*

by Lori Wolf-Heffner

New high school, dance studio, and home. Can an old book of sketches help Juliana cope?

www.loriwolfheffner.com



BETWEEN WORLDS

2: *The Distance*

by Lori Wolf-Heffner

Can Juliana truly feel like one of the gang with her new dance team?

www.loriwolfheffner.com

Trivia Answers: 1 - Capo 2 - Nylon

Cont'd from page 2

- ★ 1 ¼ cups gluten free rolled oats (can sub in spelt flakes etc.)
- ★ ½ cup nut or seed butter (peanut free for Star, please! Sunbutter is a great nut-free option)
- ★ ½ chunky flavour shot like raisins, unsweetened dark chocolate chips, or dried cranberries
- ★ ⅓ cup sticky sweetener (most people use honey, or maple syrup, but I like rice syrup - even stickier!)
- ★ 2 Tbsp of a Super Food. Think chia seeds, hemp seeds, a greens powder, flax seeds
- ★ More flavour to taste - use your imagination! Try 1 tsp vanilla, cinnamon or orange zest!
 - Simply mix in a food processor, roll and freeze! Make different options so the kidlets have a variety throughout the season to enjoy. You can multiply this batch and make as many options and versions as you like!

Those energy bites keep you going throughout a busy day. Organizing the family calendar as a family is another great way to start the season, so everyone knows what's happening.

4. **Plan Plan Plan!** Some families use an online family calendar. I still need to write it down and I like to make my planner pretty! If you haven't seen it already, it's full of stickers, quotes and all my stuff! There are more than just start and end dates to make note of. Here are things to note in your planner:

- a. Weekly Schedule (I made mine on a transparent plastic, punched holes that fit my planner, and I can move along my planner week to week)
- b. Shows and other performances like competitions, and Family Viewing Week
- c. Studio Fun Events! Take advantage of these awesome events only at Star!
 - September Kick-Off Party
 - Bring-a-Friend Week
 - Two-for-Toonie Week
 - Halloween Week
 - The Student Christmas Party
 - 1. ...And more!

You will find these events listed monthly in Star's "Coffee and a Paper," available in your inbox, as well as paper copies, not so ironically placed near the Coffee Maker in the snack bar! Better yet, schedule time at the start of each month to sit with a coffee and read that paper, with your planner. *Did I mention, there are horoscopes?*

And finally, celebrate!

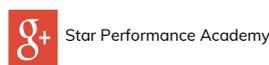
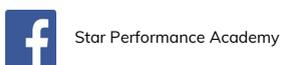
5. **Make a YAY Wall in your house!** Our students learn new things each week. Students are encouraged to set goals and plan the little steps towards those goals. A great way for them to share these things with you is to make a Yay Wall!

1. Get a poster board
2. Write YAY in the middle with colours, sparkles and diamonds - whatever works for you!
3. Encourage your actor, singer or dancer to write down new and little things they've accomplished each week year. "I sang one note higher than last week!" "I got that new tongue twister today!" "I'm 3 inches closer to my left splits!"
4. Parents can add to it too, with habits and changes you notice in the home. "You packed your bag by yourself!" "You made your own energy bites!" "I loved to watch you play in your recital today!" Notice these are parent appropriate reactions. Always avoid trying to coach and teach your child. Showing unconditional love, appreciation and support with healthy life habits are the best things a parent can nurture in their child's progress.

All this graffiti leads to some great conversation and keeps a student's mind focussed in a growth mindset. Celebrate the little steps along the way, as kids work their way along to bigger goals.

So my list just grew. Tap shoe laces, poster board and glitter, rolled oats and orange zest. Gotta go! My planner says it's almost time for the September Kick-Off Party, so now is the time to get it done!

Follow us on Social Media!



September Horoscopes

What do the Stars have in store for you?
For entertainment purposes only*

Aries - Mar 21 – Apr 19

This is a good time for communications if it is the truth. Many secrets are coming to light.

Taurus, Apr 20 – May 20

There are surprises coming in relation to love or money. Always go with the truth; this is not the time for games.

Gemini, May 21 – June 20

This is a very good time to plan and organize the future or start to study something new.

Cancer, June 21 – July 22

This is not the time for fanciful dreams and changes; stay in reality. If you are feeling aggressiveness from others, be aware this is not real.

Leo, Jul 23 – Aug 22

Look very objectively at your relationships or partnerships. Now is not the time to go into a new relationship; wait one month.

Virgo, Aug 22 – Sept 22

Don't take anything personally. Life at home or with family may be difficult. This time is good for creativity.

Libra, Sept 23 – Oct 22

Many changes happening now are out of your control. Try to accommodate, don't fight; be diplomatic.

Scorpio, Oct 22 – Nov 21

Unexpected changes are happening at work. Be patient, and try to be understanding with others.

Sagittarius, Nov 21- Dec 21

Little by little you are feeling stronger. Your situation is improving; you see solutions now.

Capricorn, Dec 22 – Jan 19

Lots of stress with issues from the past coming from family and partners. Make the effort to find solutions. This is a good time for your career.

Aquarius, Jan 20 – Feb 18

Health is a priority now. It is the time to change your lifestyle; particularly in the areas of exercise and food.

Pisces, Feb 19 – March 20

Moving? Changing home? Looking for another place? You will find what you are looking for.

Star Word Search - New Beginnings!

D I T E A C H E R E Z A H U P Y V B
 C L A S S R O O M I G Z T P C P S B
 Y U P V V O F R I E N D S T T R C O
 R W E R E A A P I V W L W I V K H O
 E Z N W C O R H L E A R N I N G O K
 A S C N R F T E X O N K I E P B O S
 D X I A A H N O T E P A D T V E L Z
 I P L T Y V I M U S I C Q X I P R S
 N Z M D O X S P E L L I N G J N Y Q
 G O B X N H B S Y B J W T C H S G Z
 N W S E S S T U D E N T S A V H P W
 G P S W J N B R E C E S S Y M M Q D

ART	MUSIC	SPELLING
BOOKS	NOTEPAD	STUDENTS
CLASSROOM	PENCIL	TEACHER
CRAYONS	READING	WRITING
FRIENDS	RECESS	
LEARNING	SCHOOL	

Welcome packages will be handed out in Week 2!

Your Ad Here!

For more information

e-mail Nicole at:

nicole@starperformanceacademy.com