

October 2018

Pick up your very own copy at the Snack Bar!

STAR'S Coffee & a Paper

Class of the Month: Star Glee Choir!

Singing and Dancing - just like the show! Your child will first learn to sing some of their favourite pop songs and then jazz it up with some dance moves. No previous dance or singing experience is required.



What's happening at Star...

It's...

HALLOWE'EN HULLABALOO!

We're celebrating Hallowe'en
all week, beginning
October 24th - 30th!

Join in the fun by wearing a
FAMILY FRIENDLY costume to
class!

**STUDIO CLOSED ON
HALLOWE'EN**

Upcoming Dates:

October 24th - 30th
Halloween Hullabaloo

October 31st
Halloween! - STUDIO CLOSED

December 1st
Winter Open House

December 8th
Private Music Students In House
Performance - All Teachers except
Chris

December 9th
Chris's Private Music Students In
House Performance and Acting
Performance

December 11th-17th
Family Viewing Week

**December 18th - STUDIO CLOSED
FOR WINTER BREAK**

**December 18th - Glee & Music
FunTime Showcase**

Register now at <https://www.starperformanceacademy.com/register>

In the Community:

ADULT FLAMENCO CLASSES AT STAR!

- First trial class is FREE!
- Drop-in classes are \$16 for SPA parents (regular \$20/class)
- SPA parents register for the remainder of the term, classes will work out to \$13.6/class (regular \$17/class)

Class runs on Tuesdays at 6:30pm
Email calu@calujules.com for more information or to register!

Tips from the Office:

Label your items!

Name labels help prevent
lost items!

If we find an item with a name
label in it, we keep it in the
office for you, saving you time
searching the lost and found.

Mabel's Labels are available for
purchase in the office, and all
purchases support the Star
Team.

Star Trivia:

Question 1 - How many keys are on a full size piano?

Question 2 - What are the soft leather shoes female Irish dancers wear, called?

Your Ad Here!

For more information
Please contact
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The Power of Words

by Kayleigh Radatus, C.L.C.

Remember that old saying, "Sticks and stones may break my bones, but words can never hurt me"? We were all taught this saying as kids, and wouldn't it be nice if it were true? Unfortunately, I've yet to meet anyone who has never been hurt by the words of another, yet we still speak unkindly, even cruelly to ourselves.

Experience has shown me, and science backs this up, that one of the best ways we can change how we feel is by changing the words we use in our daily conversations and when we talk to and about ourselves as well. Negative self-talk lowers self-esteem and stops us from being confident in ourselves and our abilities.

If you're comparing yourself to others, negatively judging how you look and act, and behaving like your own worst critic, then it's time to learn how to use the power of words in a positive way. Using positive language will raise your self-esteem and boost your confidence, help you feel happier and help you enjoy life more. Fortunately, it's pretty easy to change our word choices and thoughts. The process can take time, and you may find yourself back-sliding sometimes, but keep making the effort. The payoff is well worth the energy!

Tools For Changing Your Thoughts

1) Critical thoughts come from a desire to improve, or can come from a place of self-judgment. Learn how to shift your focus to what is right and how you can do better, rather than thinking negatively. Eg. "I'm awful at playing piano!" becomes "I am really great at...(insert one aspect of what you are working on that you ARE good at, even if it is something you think is minor, like playing a simple song or scale)." Then you can even add; "When I practice the song I want to learn more, I'll be able to play it really well!"

2) Phrase your statements positively. Starting sentences with words like; "I can't...", "I never", or "I don't" actually weaken us and make it harder for us to succeed. Any time you catch yourself using this type of wording, immediately rephrase the statement in a positive way by shifting your focus to what you can do and what you will do. Eg: "I can't sing." becomes "I can sing! I'm excited to learn more about vocal technique!"

3) Your brain takes every "I am" statement as a command, and tells you how to act and feel based on what you told it to do. Use your words wisely and tell yourself how amazing you are. Eg: "I am terrible at jumps" becomes "I am awesome at jumps!"

Take a look around Star, and you'll find some fabulous new signs and activities that will help you stay focused on the positive, and all you can do to empower yourself. We have some fun gratitude stars, where you can add notes saying what you're grateful for, and some super shiny & glittery positive messages in the bathrooms too.

Find or create your own positive quotes, and say them out loud often. Writing these messages down will also really help cement the words in your mind. Do these activities often! The more you can flood your awareness with positive messages, the easier it will be to overcome the negative words when they pop up. Personally, I like to add positive quotes and messages to my planner, my journal, my vision book, my walls, my phone...anywhere I can, really.

There are lots more tools and tips for changing our thoughts and how we talk to ourselves. If you find yourself looking for more on how to do this effectively, please contact me at groovin@thisgroovylife.ca, or visit www.thisgroovylife.ca to learn more about how I can help.

Keep on groovin'! Kayleigh T.S. Radatus

Follow us on Social Media!



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October Horoscopes

What do the Stars have in store for you?

For entertainment purposes only*
 Monthly Horoscopes Provided by Norah Nasturas
www.norahsastrology.com

Aries - Mar 21 – Apr 19

Health is a priority so take care of your body. How you feel is directly related to your level of stress and there is too much right now.

Taurus - Apr 20 – May 20

Your life is not under your control right now. Be careful with excess. Go slow.

Gemini - May 21 – June 20

Be ready for unexpected situations in relationships and career. These may create an opportunity that will change your future.

Cancer - June 21 – July 22

Finally you have your project going! You have good news in your new life and the future is open for you.

Leo - Jul 23 – Aug 22

Good news, you are in a high creativity time! Go out and talk with people; do your networking.

Virgo - Aug 23 – Sept 22

You are high in energy and creativity. Being more organized, will save time and be practical

Libra - Sept 23 – Oct 22

Put order in your house. After a social summer with lots of movement, you need to relax and slow down.

Scorpio - Oct 22 – Nov 21

Put your finances in order. You may have had some extra expenses in relation to work and you are out of balance.

Sagittarius - Nov 22 - Dec 21

Your plans for holidays are going strong, and will be possible in two months. Keep the money for that.

Capricorn - Dec 22 – Jan 19

Your career or your path are in very good shape. Be aware you are attracting opportunities at this moment.

Aquarius - Jan 20 – Feb 18

You have some decisions to make in relation to money. The sooner you make them, the sooner all will be finished.

Pisces - Feb 19 – March 20

There are changes and transformation coming in your life. These may be new people and new opportunities; possibly a change of location and travel.

Star Word Search - Costumes

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

COSTUMES	FABRIC	FEATHERS
FITTINGS	FUN	HATS
HULLABALOO	MAKEUP	MASKS
MEASUREMENTS	PRETTY	PROPS
RHINESTONES	SAFETYPINS	SEWING
SPARKLES	SPOOKY	TRIMMING

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