

SEPTEMBER 2022





## SCHOLARSHIP SOCIAL

Come ready to enjoy snacks, wine, and dancing! We'll learn some ART choreography, look behind the scenes at costuming and music, and watch a student-created performance.

September 16  
Event Begins 6:30 pm



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## *September Calendar*

The start of our season is finally here! We are so excited to get our official schedule underway. Some of our classes are already waitlisted, so make sure you register as soon as possible to secure a spot. If you have questions or need help registering call the office or reach out directly to one of our faculty via email. For a full list of classes and offerings, check our website at [www.atlantadancecentral.com/fall-spring/](http://www.atlantadancecentral.com/fall-spring/)

# What's Going On?

WEEKS OF SEPTEMBER 4-OCTOBER 2

## Core/Introductory Students

**September 6:** First Day of Classes

**September 8:** Virtual Nutrition Lecture 7-8 pm\*

**September 16:** Scholarship Social

Classes start the day after Labor Day (September 6). There will be no Monday classes that week but the missed class is made up later on November 14 to ensure Monday students get an equal number of classes in the season.

## Atlanta Rising Talent (ART Company)

**September 1:** Leads Rehearsal Day for Once Upon A Holiday Leads (TBD)

**September 6:** First Day of Classes

**September 8:** Nutrition Seminar 7-8 pm\*

**September 16:** Scholarship Social

\*more info on page 8

Zoom link will arrive via email the day of the lecture



Did you love the photos from last month's newsletter? Good news! Dance photographer Chris Coates will be back in the Atlanta area from September 19 to 22. To learn more about scheduling a session for your dancer, check out Chris's website at [chriscoatesphotos92.mypixieset.com](http://chriscoatesphotos92.mypixieset.com)

# What's Next?

**MORE INFO TO COME**

## **Core/Introductory Students**

**October 21:** Scholarship Social

**November 14:** Labor Day Makeup Classes

**November 14-18:** Once Upon A Holiday Show Week

**November 19-20:** Once Upon A Holiday Performance

(Core Students Age 6+)

**November 21-24:** Thanksgiving Break No Classes

**December 2:** Scholarship Social

**December 4:** Sugar Plum Showcase (Ages 3-5)

**December 17:** Last Day of Classes 2022

## **ART Company**

**October 17-21:** ART Choreo Sprint Week

**October 21:** Scholarship Social

**November 5-6:** ARTistry Convention

**November 14:** Labor Day Makeup Classes

**November 14-20:** Once Upon A Holiday Show Week

**November 21-24:** Thanksgiving Break No Classes

**December 2:** Scholarship Social

**December 5-8:** ART Choreo Sprint Week

**December 12-15:** ART Choreo Sprint Week

**December 17:** Last Day of Classes 2022

**Not sure if your child is in ART Company? ART is an audition-only intensive dance group for ages 5+. All ART students received an acceptance email on June 1st and were specifically notified of their placement. They received a handbook and signed a contract with their parents committing to the additional responsibilities. If you did not do this, your child is in our Core/Introductory Program. Students not in ART do not need to worry about ART rehearsals and events.**



# HANDS OFF, THANKS

## ADC'S MISSION TO EMPOWER BODILY AUTONOMY AND MODEL CONSENT

To the outside world, it might seem like dance class isn't a place where bodily autonomy is a huge priority. Dance is physical and collaborative, doesn't just showing up imply you're okay with being touched? Not at all! Professional dancers know that building trust and safety is critical in creating worthwhile performances. They respect their space and the space of others.

One of the things we want to reinforce to our students is that no one should touch any part of their body without their permission. So we're starting a new practice at the studio this month. When a dancer walks into class, they can choose how they want to learn that day. A green bracelet signals to the instructor that the student is okay with hands-on corrections. A red bracelet lets the instructor know that the student wants verbal corrections only and is not comfortable being touched.

While our teachers are committed to honoring the bracelets, there are instances when physical corrections are necessary. This is why we decided to start offering bracelets for students aged six and up, as our littlest dancers tend to require hands-on help and gentle herding to get through class. For our older students, acrobatics and aerial classes require spotting to make sure that they perform the movements without injury. In these classes, a red bracelet signals, "Don't touch me unless it's absolutely necessary." Conscious of this, teachers in these classes will use verbal cues whenever possible.

There are two main reasons we're excited about this program. The first is that it empowers our dancers to self-advocate and feel a sense of ownership over their bodies. The second is that our faculty can model safe adult behavior, showing our students how people should react in response to their boundaries in other settings. We are hopeful that the confidence students build around bodily autonomy in dance class will continue to serve them as they grow up.



# ADC AED coin drive

"An AED, or automated external defibrillator, is used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm. Currently, the only way to restore a regular heart rhythm during cardiac arrest is to use an AED." -American Red Cross

The company or program that brings in the most coins by weight will get to name me!

Our faculty CPR certification includes AED training, but ADC relies on nearby businesses for access to this life-saving equipment. **With your change, we can change that!**

We're asking our ADC families to look through couches, car consoles, parking lots, laundry rooms, purses, and backpacks for any loose quarters, dimes, nickels, and pennies. Send the coins in a ziplock bag with the student's first and last name on it. We'll do the rest! Any extra money will go toward the ADC scholarship fund, so you can trust your change is going toward a good cause.

To get the students motivated about our coin drive, we're offering an extra incentive. The company or program that brings in the most coins by weight will get to name our new AED machine. We're excited to see what the kids come up with!



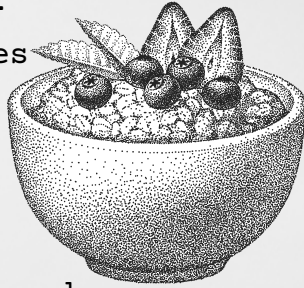


## Green Smoothie Bowl

**Prep Time:** 5 minutes

**Yield:** 2 servings

**Credit:** Ms. Eli

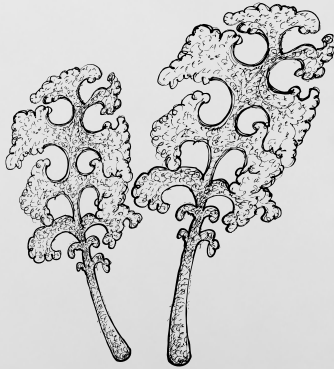


### Ingredients

- 1 frozen banana
- 1/4 cup frozen avocado
- 3/4 cup frozen mango
- 1 1/2 cup kale
- 1 cup high-protein yogurt
- 1 cup orange juice
- optional sweetener to taste
- approx 1 cup of water (as needed to achieve desired thickness)

### Topping Ideas

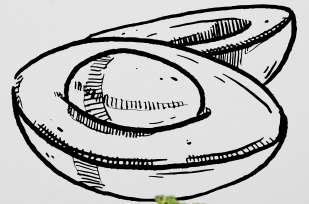
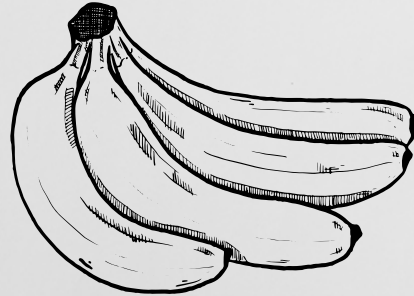
- honey
- hemp seeds
- chia seeds
- granola
- coconut flakes
- berries
- cashew cream



1. Cut fruit into cubes and freeze as a single layer on a parchment-lined baking sheet. Once fully frozen, transfer to a freezer bag. Skip this step if purchasing pre-frozen ingredients.

2. Combine all smoothie ingredients in a blender and pulse. Add more water as necessary and bring blender up to high speed.

3. Split into two glasses/bowls and add any desired toppings.



## preparing your body for success

ADC faculty want to make sure that dancers come to class fueled for exercise.

Unfortunately, our student's busy schedules often lead to them arriving at the studio on an empty stomach. Without enough to eat, they can get tired or dizzy, and they are more likely to injure themselves.

Consistently under-eating can lead to long-term health issues and sabotage a dancer's goal of building strength and endurance.

Going forward, we want to better educate our students about the importance of prioritizing food as a vital part of self-care.



# MAKING PEACE WITH THE MIRROR

MAYA VAN WAGENEN

I've found myself telling people that I'm the first employee at ADC who doesn't come from a dance background. And while that's mostly true, there is one small caveat. From age four to eight, I took weekly ballet classes. Financially, these were a stretch for my family at a chaotic and transitional time. My parents told me that if I loved dance, they would continue to support me in my passion to the best of their ability. But only if I **loved** it.

And up until that last year, I did. I wasn't naturally flexible or coordinated, but neither were any of the other dancers to start with. Over time, however, my peers began to improve faster than I did, or maybe the ones who moved at my pace found other after-school activities. By the last year, my class was full of thin, blonde ballerinas in perfect hair buns—all miniature versions of the impatient teacher at the front. Staring at myself in the mirror, I amplified the differences between my classmates and me. So did they. I was heavier-set than my peers, darker-skinned, had more body hair. Dance class was my first real experience with bullying. It was that year I started my relationship with disordered eating, a struggle that would continue for well over a decade. Miserable, I went home and told my parents that I didn't love the class anymore. So I quit.

I never stopped loving dance, but I loved it as an outsider, bopping along to Broadway soundtracks alone in my room. I didn't think I'd ever set foot in a studio again. My own experience coupled with TV shows and movies portrayed these institutions as toxic—fostering eating disorders, overworking dancers to the point of injury, and inspiring unhealthy rivalries.

JOIN US OVER ZOOM ON SEPT 8 AT 7:00 FOR A LECTURE FROM ROSE SEBAUGH. ROSE IS GETTING HER B.S.F.C.S. IN DIETETICS AND HER M.S. IN COMMUNITY NUTRITION WITH AN EMPHASIS ON THE INTERSECTION OF FOOD AND DANCE. LOOK FOR THE ZOOM LINK IN YOUR EMAIL ON SEPTEMBER 8



There's a reason these stereotypes are so prevalent in media. It's terrible, but many programs do care less about the safety of their dancers than competition scores. They make themselves unfriendly to diversity, seeing it as an enemy to cohesion. They publically shame their students to lose weight by any means possible. A lot of this problematic studio culture traces its roots to ballet, a universally acknowledged practice with deeply elitist roots. In many studios, the sexist, Eurocentric values of ballet have polluted other styles of dance—many of which, ironically, trace their roots to African and Caribbean cultures.

These issues are prevalent in many dance programs. But not in all of them. ADC faculty know firsthand the lifelong scars one can take from an unsafe studio. But these weren't their only experiences with dance. Somewhere along the line, they felt what it was like to accept themselves through movement, to love their body for the stories it could tell. They had instructors who built their confidence, strength, and compassion for themselves through the medium of dance. And that is what they bring to their classrooms as teachers, the best of what this artform offers.



The mirror is a hard thing to face for anyone, and many of our dancers do it for hours at a time five days a week. Our faculty work to build our students up and shut down comparisons, but they know they're not the only voice these kids hear. Messaging from advertisements and social media builds a dangerous and impossible set of expectations: "I could look like that if I just..." It's a tantalizing lie that can have deadly consequences.

Our faculty are committed to making ADC a place where students can practice challenging negative self-talk. Where they can learn the importance of kindness and empathy. Where dance is a vehicle for creative expression and emotional regulation. Where what you look like doesn't matter. Where everyone is a dancer.

It's not always a straightforward path, but we're entirely united in our vision of the studio we want to create. We believe that through dance, teachers can help children foster a compassionate relationship with the person in the mirror.

Watching from the wings at our last recital, I was struck by the difference between my childhood experience and the one I might have had at a place like ADC. I love how much our students love dance. I love that our faculty is devoted to nurturing that passion. And I love seeing little girls who look like I did leap fearlessly across the stage. It makes me wonder how much time I wasted walking when I could have soared.

#### **ACCORDING TO THE NATIONAL EATING DISORDERS ASSOCIATION**

"By age 6, girls especially start to express concerns about their own weight or shape. **40-60% of elementary school girls are concerned about their weight** or about becoming too fat. **This concern endures through life.**"

"**In a large study of 14- and 15-year-olds,** dieting was the most important predictor of a developing eating disorder. **Those who dieted moderately were 5x more likely to develop an eating disorder, and those who practiced extreme restriction were 18x more likely to develop an eating disorder** than those who did not diet."

"**Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors** such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives."

"**Eating disorders have the second highest mortality rate of all mental health disorders,** surpassed only by opioid addiction."

# August Photo Pages

















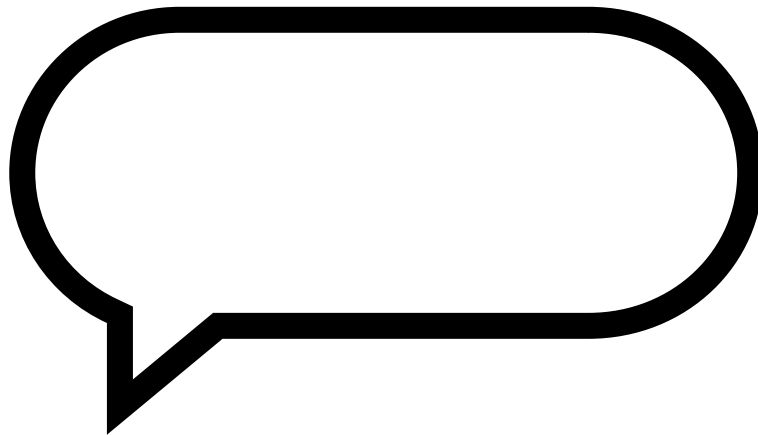






**Want to see something specific in next month's newsletter?  
Is there a dance topic you'd like to learn more about? Photographs you  
want to submit? Our goal is to design this newsletter around the needs  
of our ADC parents, so send your feedback and ideas my way!**

**Love,  
Maya Van Wagenen  
maya@atlantadancecentral.com  
(your liaison for all things social media, website, and marketing)**



**FOR QUESTIONS ABOUT EVERYTHING ELSE, FEEL FREE TO  
REACH OUT TO OUR AMAZING TEACHERS DIRECTLY**

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