

DECEMBER 2022



ATLANTA  
*Dance*  
CENTRAL





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## December Calendar

We're ending the calendar year at ADC, but with options to register for January, it's not too late for new dancers to join the fun! 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?

DECEMBER 1-31

## Core/Introductory Students

- December 2: Scholarship Social
- December 4: Sugar Plum Showcase (Ages 3-5)
- December 5-10: Bring a Friend Week
- December 17: Last Day of Classes 2022

## ART Company

- December 2: Scholarship Social
- December 5-10: Bring a Friend Week
- December 12-17: ART Choreography Sprint
- December 10: ART Holiday Party and Lock-In
- December 17: Last Day of Classes 2022

# What's Next?

MORE INFO TO COME

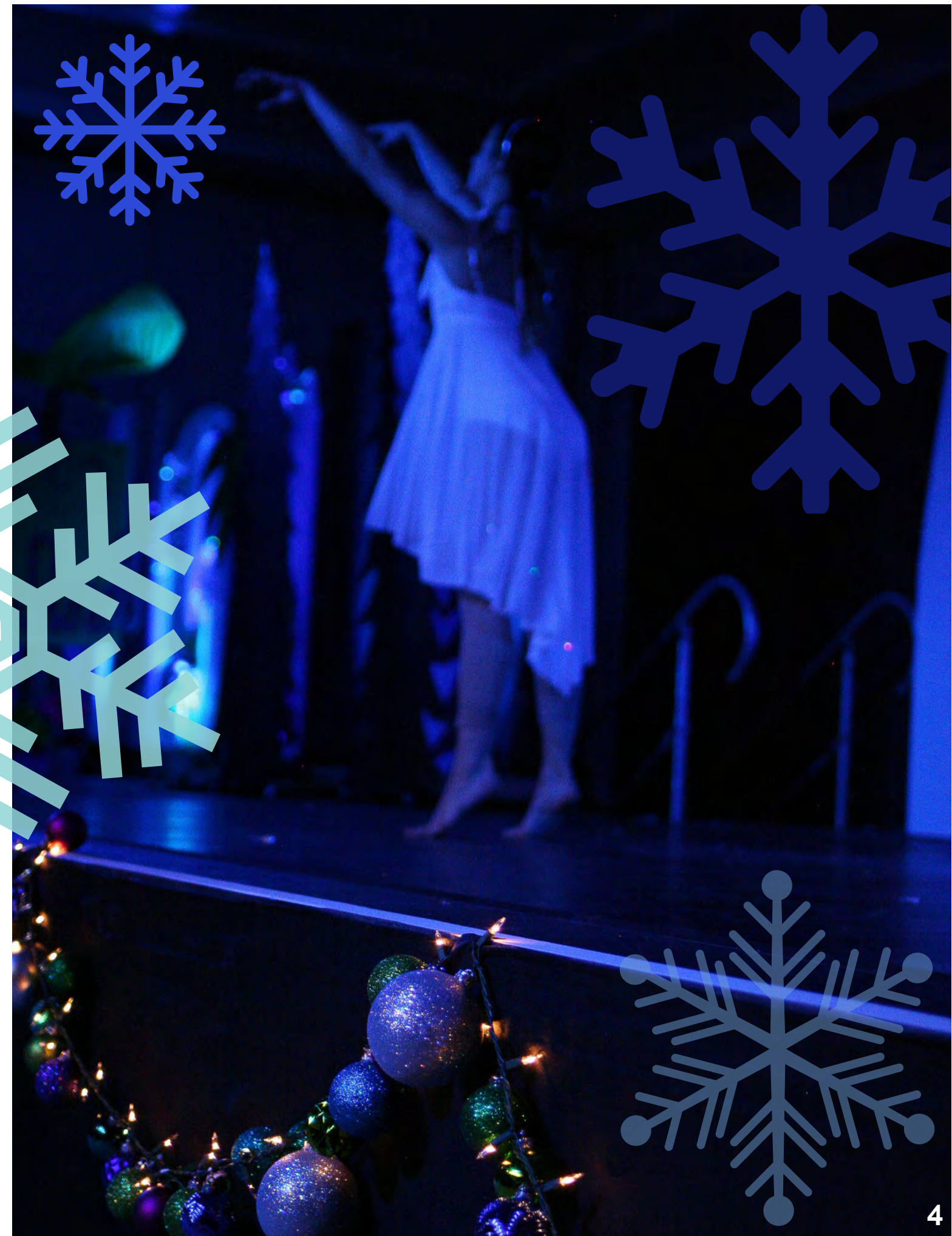
## Core/Introductory Students

- January 9: Classes Start
- January 15: Student Choreography Audition
- April 3-9; Spring Break (No Classes)
- May 22-28: Recital at Roswell Cultural Arts Center (End of Classes)

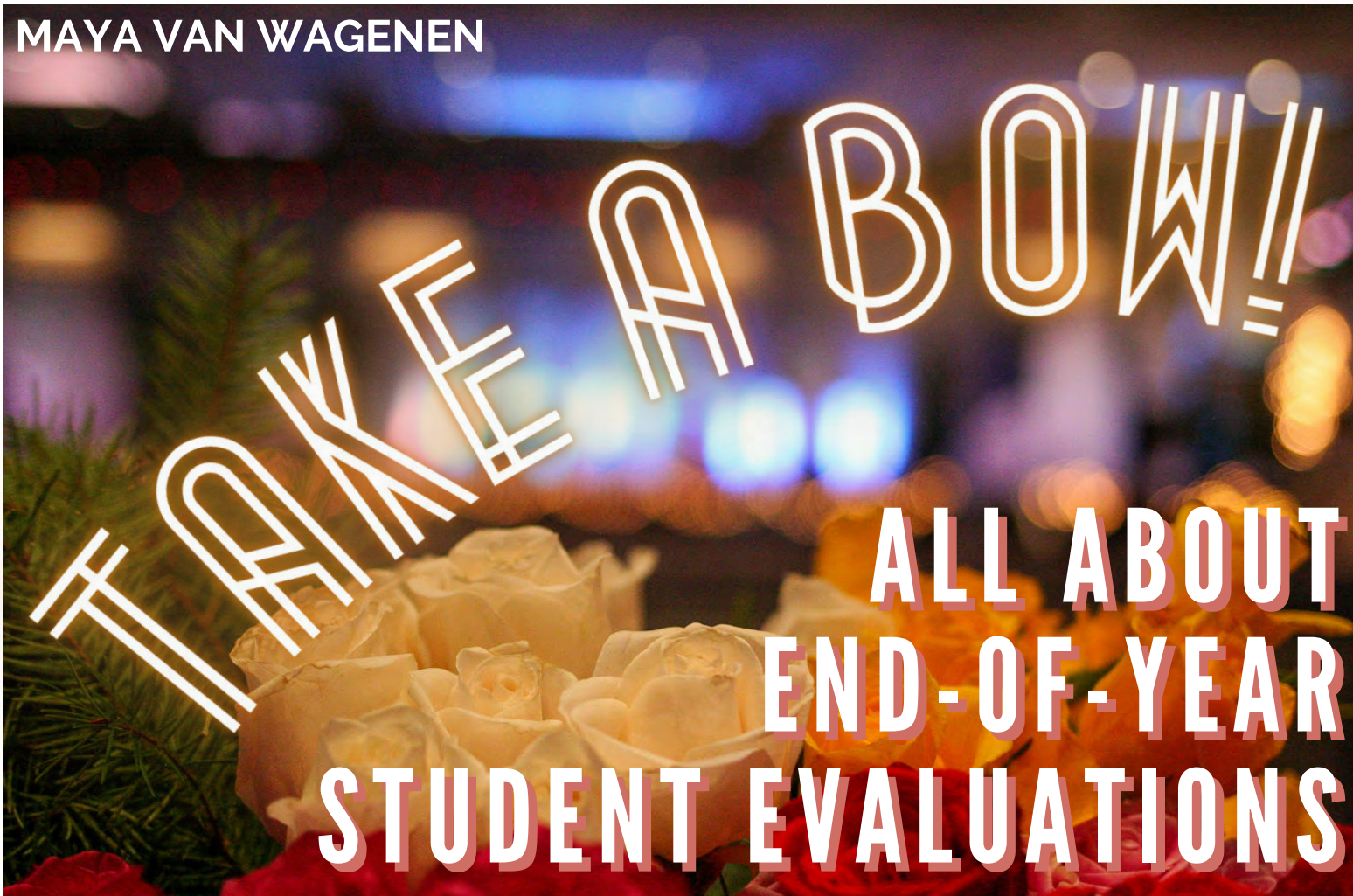
## ART Company

- January 9: Classes Start
- January 13-15: Revel Convention for ART Select
- January 15: Student Choreography Audition
- January 28: Rehearsal
- January 30 and 31: ART Exhibition
- February 11: Rehearsal
- April 3-9; Spring Break (No Classes)
- April 17-21: ART Gala
- May 6: Red Carpet Night
- May 22-28 Recital at Roswell Cultural Arts Center (End of Classes)

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.







This week our faculty began the process of putting together end-of-year evaluations. This happens twice during the dance season, once in December and once following the May recital. Student evals allow faculty to check in as a team on the progress of each

student. collaborate teaching strategies, and celebrate our dancer's achievements over the past few months. For Program students (those in our Intro, Foundations, Elementary, Core Intermediate, Core Teen, and Physio classes), the instructors who teach each

course fill out a spreadsheet that has the name of every student. There is space for them to discuss classroom behavior, successes in technique, and a few goals for each dancer to work on through the rest of the year. With the help of this spreadsheet, Ms. Charlotte

creates a personalized video about each student and sends this through email to the account on our ADC system.

For ART students who train under all or most members of the ADC faculty, teachers meet to discuss an overall picture of the dancer's strengths, progress, and areas for improvement. Many of these students have been at ADC for several years, which allows for a more informed timeline. Instructors discuss areas of support that the child might need. Where are there opportunities for leadership? What can we do to help this student gain resilience?

How can we challenge them to safely try new skills? How can we facilitate community with them and their peers? Ms. Charlotte uses the notes she takes in these discussions in making her personalized videos.

Student evaluations are one of our favorite ways to work in partnership with parents and share our enthusiasm for the upcoming months. Our faculty want to see dancers succeed, inside and outside of the studio. The students' triumphs excite and inspire us to bring our best to Atlanta Dance Central. But we couldn't do it

without our amazing ADC parents. Thank you for all you do to support your child's dance journey!

Our faculty are individually invested in nurturing our students' success and self-confidence. The care, concern, and compassion of our teachers is integral to our mission of holistic dance education.



Ms. Charlotte sends out two personalized student evaluation videos a year: one over the holiday break and one following the spring recital.





JOIN US FOR A **FRIDAY**  
**HOLIDAY** **DEC 2**  
**SCHOLARSHIP** **5-8 PM**  
**SOCIAL**



DROP-IN AND ENJOY FESTIVE TREATS, PAINT AN ORNAMENT, AND HELP US GIVE THE GIFT OF DANCE!

*Sugarplum Showcase*

**FOR PRIMARY STUDENTS AGES 3-5**

**December 4 at Atlanta Dance Central**



One of our missions at ADC is to help students of all ages feel self-assured and comfortable on stage. Our Sugar Plum Showcase is a great step for littles before they get to experience their first recital. During December, students pick a time to come individually to the studio for a mini recital, just the teacher, the student, and any of the student's family who wants to be there to cheer them on! This event is exciting and low-stress, building dancers' confidence for when they will perform with other students for an audience full of people they don't know. The one-on-one attention from their instructor makes the experience extra special.





# Bring a friend week!



One of our favorite traditions at ADC is almost here! All students are invited to bring a friend to class with them during the



# WEEK OF DEC 5TH!

## Recipe of the Month

### Chocolate Chunk Cranberry Bars

**Total Time:** 1 hour 10 minutes

**Yield:** 25 servings

**Credit:** delightfulmomfood.com

#### Ingredients

- 1/4 cup flour (gluten-free or regular)
- 1 cup quick-cook oats
- 2/3 cup agave or maple syrup
- 1/2 cup coconut oil (melted)
- 1/4 tsp baking soda
- 4 Tbs chocolate chunks

#### Cranberry Filling

- 4 cups fresh or frozen cranberries
- Juice of one orange
- 1 tsp orange zest
- 1 Tbs agave or maple syrup
- 1 apple cored and diced
- 1/4 tsp cinnamon

1. Preheat oven to 350 degrees F. Grease a square 9x9 baking pan with cooking spray.

2. Add the cranberries, juice of an orange, orange zest, agave, apple, and cinnamon. Heat on medium-high heat on the stove, mixing occasionally, for 20 minutes until most of the water evaporates. Let cool slightly then add to a blender and blend until smooth (or slight chunks are fine).

3. In a food processor add the flour, oats, agave, baking soda, and melted coconut oil. Blend until coarsely combined. Set aside 1/2 cup of the mixture.

4. Add the rest of the mixture into a baking pan and press down evenly. Add desired amount of the cranberry filling on top over the crust. Add the remaining crust mixture and chocolate chunks on top. Bake for 25-30 minutes or until slightly golden brown. Let cool before slicing and serving.

5. Store in the fridge or freezer.

### 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.





# ❄️ ART Choreography Sprint Schedule ❄️

AFTERNOONS/EVENINGS WEEK OF DECEMBER 12-17

<p><b>Mini</b> Wednesday: 4:00-5:00</p> <p><b>Junior</b> Monday: 7:30-8:30 Tuesday: 6:00-8:00 Thursday: 5:00-7:00</p> <p><b>Teen</b> Monday: 7:30-8:30 Tuesday: 5:30-6:30 * Wednesday: 8:00-9:00 Thursday: 5:00-7:00</p> <p><b>Senior</b> Monday: 7:30-8:30 Monday: 8:30-9:00 ** Tuesday: 8:00-9:00 Wednesday: 8:00-9:00 Thursday: 8:00-9:00</p> <p><b>ARTisan</b> Monday: 6:30-8:30 *** Tuesday: 6:30-8:00 Wednesday: 8:00-9:00 Thursday: 8:00-9:00</p>	<p><b>Ballet 1</b> Monday: 4:30-5:30</p> <p><b>Ballet 2</b> Tuesday: 5:00-6:00</p> <p><b>Ballet 3</b> Thursday: 8:00-9:00</p> <p><b>Sailors</b> Monday: 6:30-7:30</p> <p><b>Phaecians</b> Monday: 5:30-6:30</p> <p><b>Lead Lotus Eaters (Not Ballet 2)</b> Thursday: 7:00-8:00</p> <p><b>Scylla and Charybdis</b> Thursday: 6:00-7:00</p> <p><b>Odysseus and Calypso</b> Thursday: 6:15-7:00</p>	<p><b>Graduating Seniors</b> Wednesday 4:00-5:00</p> <p><b>Tap 1</b> Monday: 5:30-6:30</p> <p><b>Tap 2</b> Monday: 5:30-6:30</p> <p><b>Tap 3</b> Wednesday: 5:00-6:00</p> <p><b>Tap 4</b> Thursday: 7:00-8:00</p> <p><b>Tap 5</b> Wednesday 7:00-8:00</p> <p><b>ART Select Tap</b> Wednesday 6:00-7:00</p> <p><b>ART Select Jazz</b> Tuesday 8:00-9:00</p>
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*My dancer needs to be at ADC:*

**M** .....

**T** .....

**W** .....

**TH** .....

## How to read this schedule

First, use your child's company level to determine the bulk of their weekly schedule. Add in any rehearsals for their tap and ballet level. If your dancer has been selected as a soloist in the ballet or a performer/understudy for an ART Select piece they will also be expected to attend the rehearsals for that part. Feel free to print this page and fill out the schedule for your student. Sprint schedules are in the newsletter and via the ADC library tab on the website.

**Our faculty is aware of all schedule overlaps and will facilitate any necessary student transitions between rehearsals.**

- \* Tuesday 5:30-6:30 includes Willow, Julia, and Laura Anne (Production)
- \*\* Monday 8:30-9:00 only Mercedes (Contemporary)
- \*\*\* Monday 6:30-7:30 includes Macy and Mercedes (Production)

**You can print this page from the ADC Library tab on the website under "Printable Schedules"**

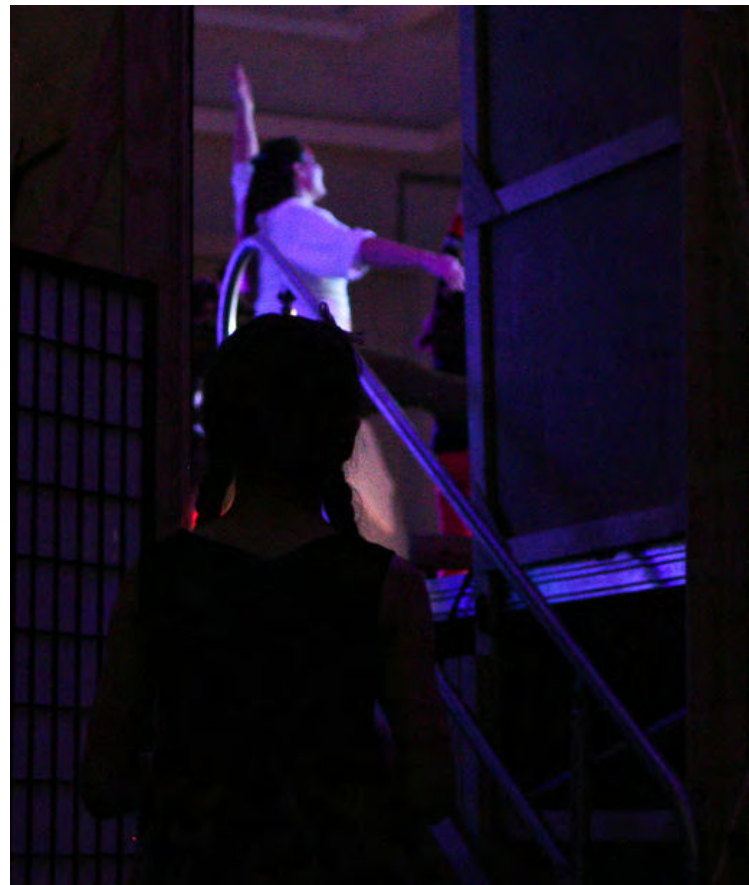


PHOTOS BY MAYA VAN WAGENEN. STAY TUNED FOR PROFESSIONAL PHOTOS FROM CHRIS COATES IN UPCOMING NEWSLETTERS!





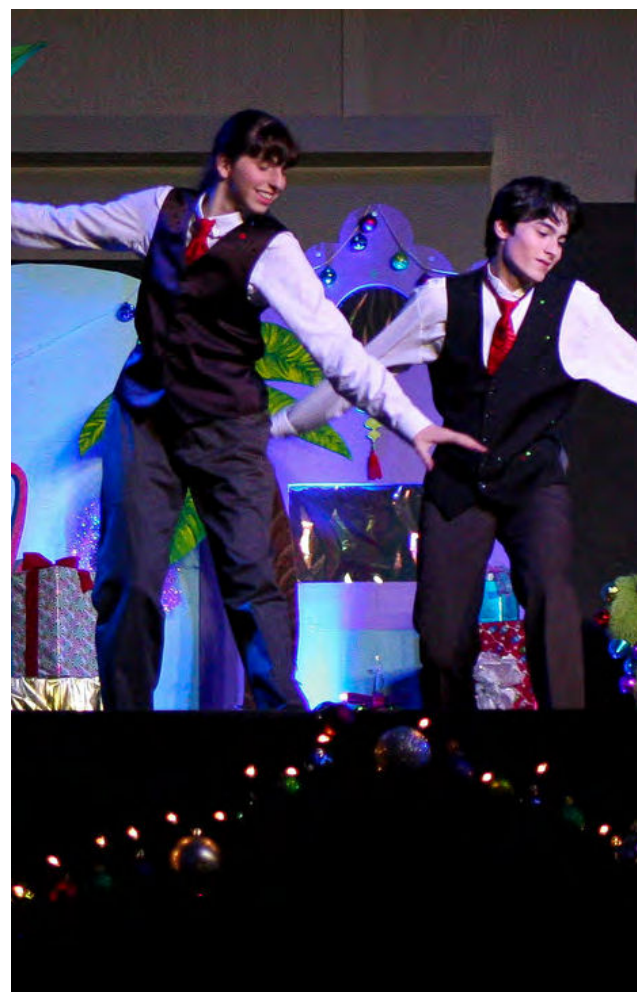




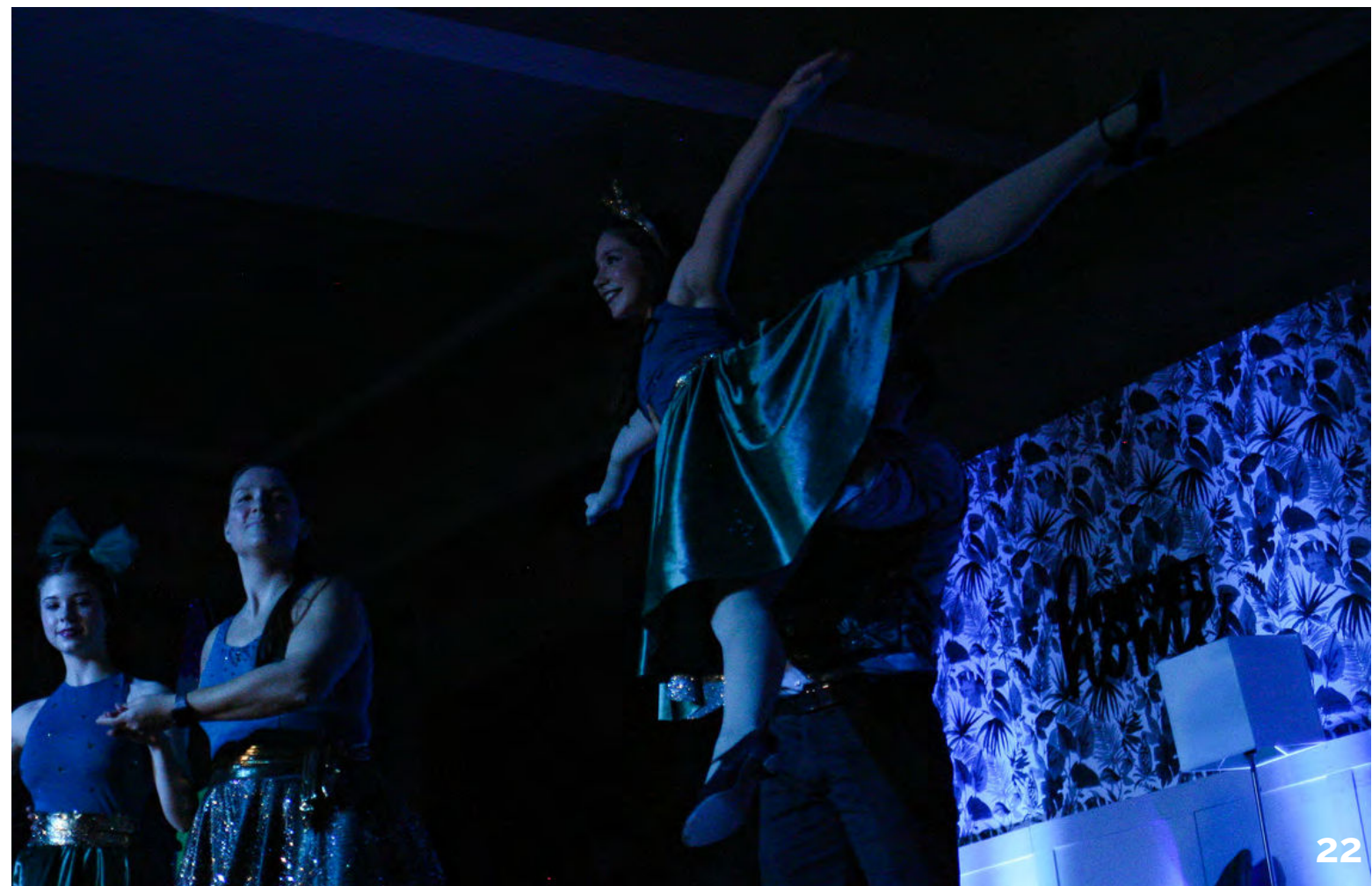
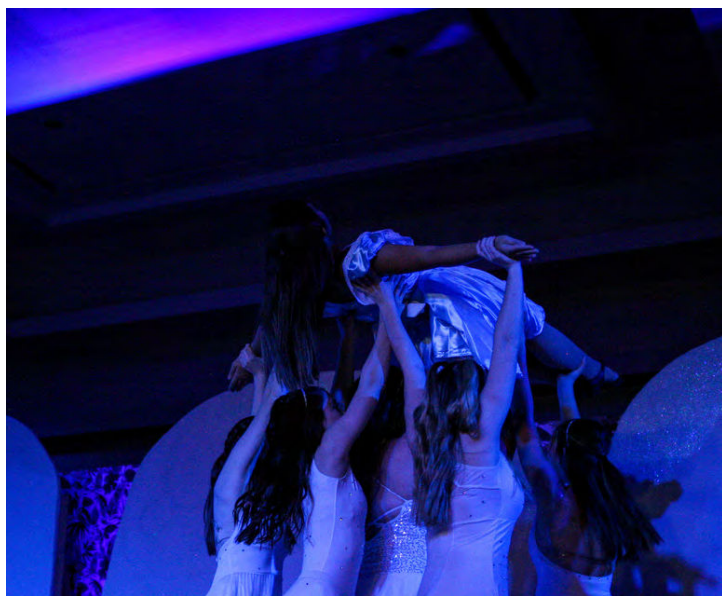




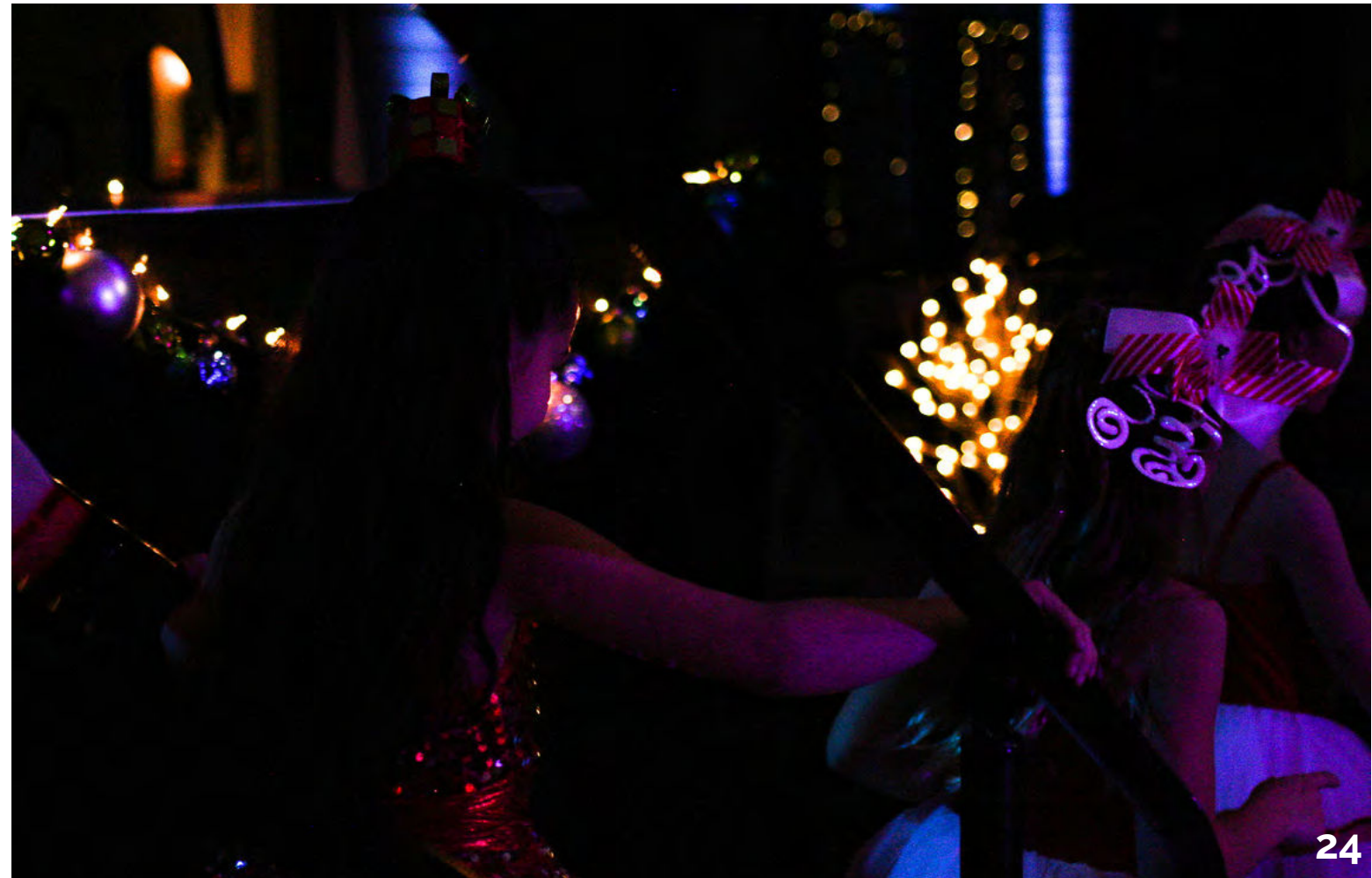














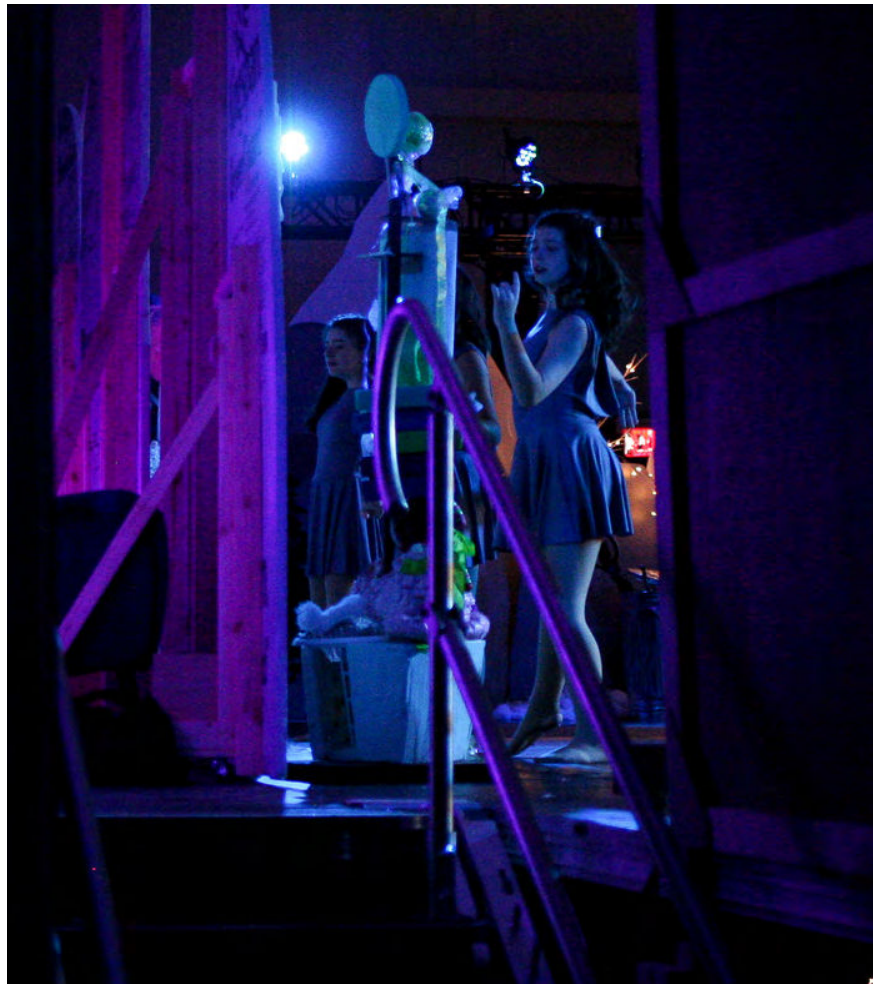
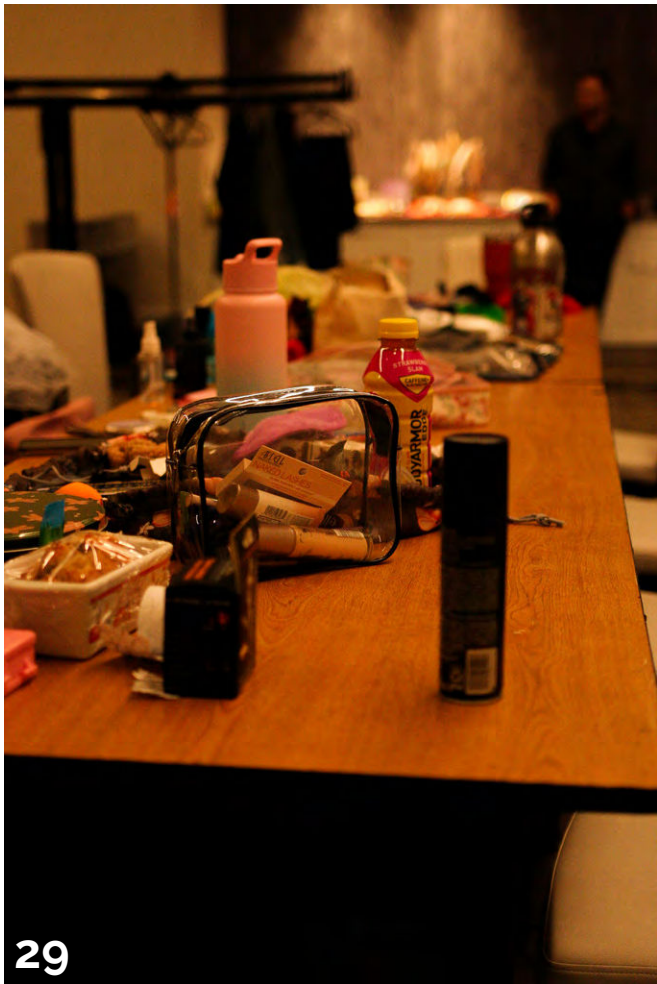
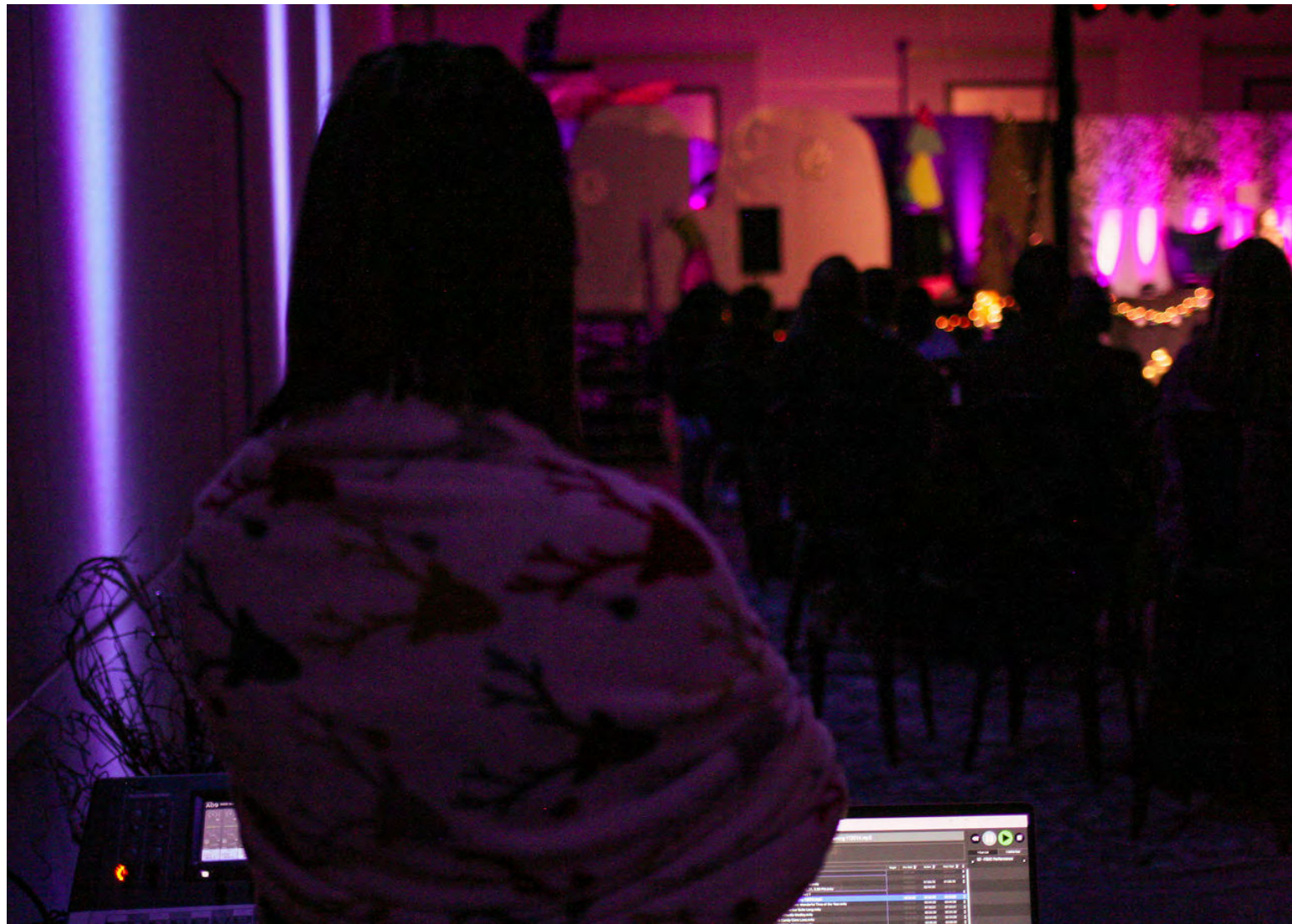




# BACKSTAGE









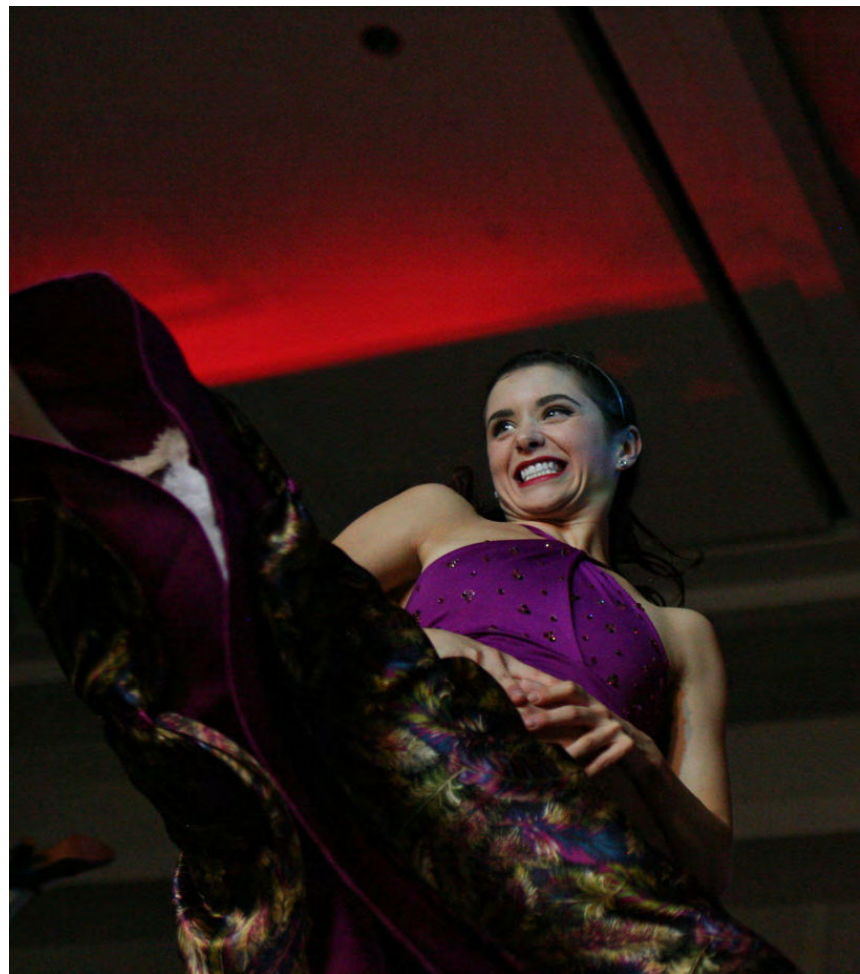
SIDEWAYS SPOTLIGHT

















Thank you for letting us document your dancer's progress! Want a full-size copy of any photo you see in the newsletter? Email me the month, page, and description, and I'll send it your way!

Love,  
Maya Van Wagenen  
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