



Hello GDA Families!

We're already in the 3rd month of dance ? Time flies when you're having fun!

Studio Closure: The studio will be closed **Tuesday October 31st**, for Halloween! Be sure to swing by Amazing Grace Fellowships "Treat Street" to see all of the cool trunks and get ALL. THE. CANDY. 🍬🍭

Core Value: We have been talking about Kindness inside and outside of the studio the last 2 months and have had some really great conversations! The next 2 months we will be focused on Inclusivity. Inclusion is intentional. It is about removing and identifying barriers so that everyone can participate to the best of their ability. Sometimes the best you can give someone is to include them. I'm so excited for these lessons! Let's all work together on being kind humans who include everyone. ❤️

Technique Focus: This month's technique focus is Kinesiology - the study of the mechanics of the body. As dancers, we have this amazing body we use in dance and we should be using it to its full potential. That means using the correct muscles for different moves and understanding the kinesphere. The notion of kinesphere was created by Rudolf Laban to define: "the sphere around the body whose periphery can be reached by easily extended limbs without stepping away from that place which is the point of support when standing on one foot". (In other words, straightening arms and legs completely and reaching thru every movement)

GDA Dancer Dayz/ Parents Observation Nights Oct 23rd-26th:

It's studio Spirit Week! A time filled with games, snacks, and dressing up! It also happens to fall on Parent Observation Night so parents feel free to join in on the fun! Keep in mind you're still going to be dancing when dressed up, so please choose things that allow you to do so freely!

Monday: Crazy Sock Day

Tuesday: Pajama Day

Wednesday: Tie Dye Day

Thursday: Twin Day

Social Media: Please join us on FB/Instagram!! Keep up to date on events and studio info (grace_dance_academy). We would love to see your dancers in action so we can share them on our pages!

Invoicing: October Invoices are due October 1st-10th. On the 15th, we will add a \$25 late fee. Reminder: We no longer take checks. You can pay thru QB online invoice sent to your emails, or you can pay cash or card when you come into the studio.

As always, if you have any questions, please don't hesitate to reach out!

- Miss Nikki