

Little Ballerinas

e-news
February 2011

Welcome to the Little Ballerinas first official newsletter in 2011!

It has been an absolute pleasure meeting you all and I certainly hope that your child is enjoying all the creativity and fun that one can have when learning to dance.

**I very much look forward to teaching all the children this year
and seeing the Little Ballerinas family grow.**

Yours in dance, Miss Trish

What's happening in class...



Over the last few weeks your children have all been learning introductory dance technique, heightened by the use of dance props. Oh, how they love the colourful scarves & ribbons and their balance is getting very good with the alphabet bean bags on their heads when trying to point and skip! The coloured dots for floor placement are certainly popular too...almost too popular!

Our Fairy ballet classes have had an absolute ball trying to pop bubbles with their pointed toes when doing little kicks.

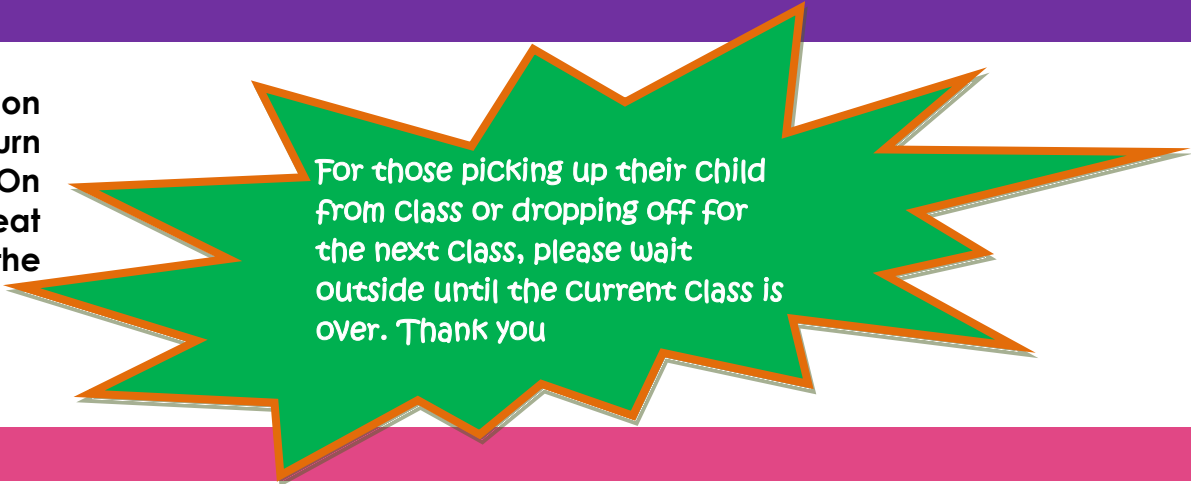


We've gone on many journeys with imagery; whether it be exploring different dance qualities in our "elevator activity" in Dance FunTime or learning musical qualities in Fairy Ballet. Then of course there's been all the wonderful exploring that our little ones are doing in Mummy & me.

Dance steps take a while for preschoolers to remember, but we're making a good start!

Uniforms & picking up/dropping off

As mentioned, there will naturally be a wait on the tutus and Little Ballerinas t-shirts due to turn around time. Thank you for your patience. On the day that I distribute them, it would be great to have some assistance from the parents/carers. Thanks!



For those picking up their child from class or dropping off for the next class, please wait outside until the current class is over. Thank you

Little Ballerinas are opening in NEW locations

Commencing at the start of March, Little Ballerinas is expanding to 2 new locations: Gymea & Miranda, with the possibility of also Bangor. If you think these locations would be more convenient to you, please have a look at the timetable on our website under CLASSES and speak to Trish.

Gymea Miranda



Supporting one another



If you own a business and would like to advertise here in this newsletter please contact Trish. Free advertising will be offered, as I like to support other small businesses as much as I can.

This month's recommendation: Baby Proms at the Opera House "I wanna be a mermaid" – Coco's Lunch

Coco's Lunch music is simply superb. Entertaining for both parents and children alike. The Baby Proms series are part of the Kids in the House program and whether they be music or ballet are just a delight for children. Naturally they are a short length in time too! Have a look. Starts in March.

http://www.sydneyoperahouse.com/whatson/kath_i_wanna_be_a_mermaid.aspx

Labelling of items

Please make sure all water bottles that come to class are labeled.

Likewise with ballet shoes. Whilst most kids manage to have their ballets on the whole lesson, it's only understandable that there might be one that takes them off and if there's more than one, then it can prove difficult!

It's best to label in the inside and while you're at it, label R & L too.



White board



The occasional message will be written on the whiteboard, near where your child places a sticker next to their name. Just a friendly reminder of things!
Do please keep updated on Facebook though.

A few basics for those that love to practice!

Froggie position & bounce

1st position feet – “heels kissing, feet in a v”

Port de bras: 1st position arms “beachball opposite your belly button” 2nd position “drop the beach ball and open your arms” back to 1st position then to 5th position “catch the ball again and lift the beach ball above your head then allow the rainbow to come out” as you lower your arms.

Flex and point – “hello toes, goodbye toes”

Forward stretch “so that Miss Trish could have a cup of tea off your flat back, as it's as straight as a table.”

Brochures /Flyers

Does your child attend a local childcare centre, preschool or playgroup?

Would you be happy to pin up/leave on the counter a flyer or simply hand out brochures for Little Ballerinas?

(of course, ask permission of the centre!)

If you are, that would be absolutely wonderful! Simply ask me at the beginning of class when you drop your child off.

Thanking you in advance

Little Ballerinas February Birthdays.....and January too!

Little Ballerinas birthday wishes go out to the following girls:

Aryana Niyakan-Safy Leila Bazzi Chloe Sams
Chanel Beydoun Avalon Black Abby Goodrick
Mikayla Damjanic Mia Fabri Freya Hayes
Grace Zarb Grace Redman Soukayna Najjar
Natasha Cameron Sienna Jovceviski Isabella Francis
Jemima Ficarra Imogen Howard Ella Murdoch



Mums, sing out if anyone is missing ... and I will correct ☺

For the kids

FACEBOOK PAGE

Have a look at one of Little Ballerinas favourite sites (naturally!)

Make sure you go into the dance studio to watch her dance!

www.angelinaballerina.com



Just started!

Keep up to date by being connected with Little Ballerinas

Look us up – we'd like it a "little" if you LIKED us a lot!

<http://www.littleballerinas.com.au/facebook-and-blog.html>



As mentioned before, I am happy to place an ad or article here
for you on your business – ideally a local one.
YES, for FREE!

Newsletters will be placed online once a month.

Simply speak with Trish

Little Ballerinas

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Como, Gymea, Hurstville, Miranda & Mortdale