

**JANUARY 2025**

# **STUDIO ONE DANCE ACADEMY**

*We love to dance and it shows!*



**THE OFFICIAL NEWSLETTER OF STUDIO ONE DANCE ACADEMY**



## **ADRENALINE CONVENTION**

Way to go S1 dancers who competed at the Adrenaline dance competition and convention! Our dancers took home awards from demonstrating months of training and delivering amazing performances! A big shout out to Kira Caldwell for making City Krew! Dancers also trained all weekend in various styles of dance.

## **KEEP ON DANCING!**

With the excitement of the holidays behind us and winter weather peaking, it is common for many to experience a touch of Seasonal Affective Disorder (SAD), or feeling a little down. With being indoors and on screens more, this is when dancing becomes even more important! Multiple studies show that dancing releases endorphins to improve mood, reduces stress, improves sleep, and the social interactions boosts mood and self-esteem! Let's get dancin'!

# SPOTLIGHT ON: KEEPING HEALTHY

Staying healthy during cold and flu season in Oregon involves proactive measures to strengthen your immune system and reduce exposure to germs. Our cool, damp climate during the fall and winter can create an environment where viruses spread more easily. To protect yourself and others, focus on maintaining a balanced diet rich in fruits, vegetables, whole grains, and lean proteins to provide essential nutrients. Vitamin C and zinc, found in foods like oranges, berries, nuts, and seeds, can support your immune system. Staying hydrated is equally important, as it helps your body flush out toxins and keeps your respiratory system moist and better equipped to fend off infections.

To keep yourself and others healthy, practice good hygiene. Washing your hands frequently with soap and water for at least 20 seconds can significantly reduce the spread of germs. If you're feeling unwell or notice others around you showing symptoms, it's wise to minimize close contact. Wearing a mask in crowded indoor spaces can also provide an extra layer of protection.

## Vitamin C: Food Types

these types of food are great sources of vitamin c

### fruits per item



orange  
70mg



kiwi  
64mg



strawberries  
43mg / half cup

### Vegetables per half cup



red peppers  
95mg



broccoli  
51 mg



brussels sprouts  
48mg

### juices per 3/4 cup



orange juice  
93mg



grapefruit  
70mg



tomato juice  
33mg

Eat your way  
to more  
Vitamin C!



## Get to Know Lyrical

Lyrical dance is a captivating and expressive dance style that combines elements of ballet, jazz, and modern dance. It emphasizes conveying deep emotions and storytelling through movement, often reflecting the lyrics or mood of the accompanying music. Dancers use fluid and graceful motions, intricate techniques, and dynamic floor work to create a seamless flow between steps, aiming to connect with the audience on an emotional level. Lyrical dance requires both technical precision and a strong ability to interpret and embody the music's narrative, making it a powerful and evocative form of artistic expression.

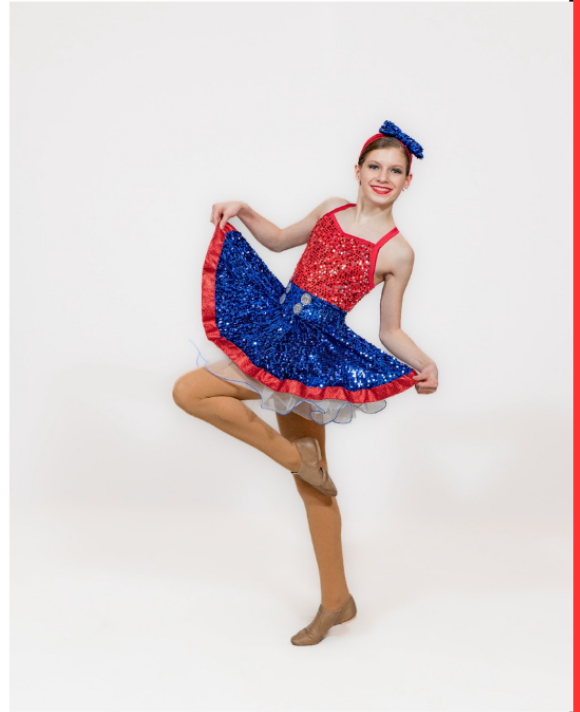


### JANUARY DANCE TERMINOLOGY

**Fan Kick:** A high straight leg kick in which the gesture leg makes a swooping circular arc across the front of the body.

**Isolations:** Moving one part of the body, such as the head, shoulder, ribs, or hips, while the rest are immobile.

**Knee Hinge:** A tilt of the torso in which the knees are bent and at a 45° angle, the back is flat, and the heels are lifted. [Horton technique].



### WHO IS MISTY COPELAND?

Misty Copeland is a trailblazing American ballet dancer and a principal dancer with the American Ballet Theatre (ABT), one of the most prestigious ballet companies in the world. She made history in 2015 as the first African American woman to be promoted to principal dancer in ABT's 75-year history. Known for her grace, strength, and expressive performances, Copeland has shattered barriers in the traditionally exclusive world of ballet. Beyond her artistry, she is a vocal advocate for diversity and inclusion in the arts, an author, and a role model inspiring young dancers around the globe.



## HAPPY JANUARY BIRTHDAYS!



Henry A.	Ella C.	Elizabeth L.	Grace R.
Poppy A.	Imogene D.	Gabi L.	Noelle S.
Chloe B.	Mila G.	Clara N.	Henrik S.
Yaz C.	Breeze H.	Alayna O.	Ryan W.
Hailey C.	Isabella H.	Joelle R.	Winona W.
Adeline C.	Odette J.	Sofie R.	Harlow W.
Jolene C.	Elliott L.	Madelyn R.	Phoebe Y.

## Announcements

- Check out S1 apparel and swag!  
Orders accepted through 1/31
- Please check the lost and found located in the kitchen for missing items.
- It's never too late to begin dance!  
Take a look at S1 classes offered for adults.



Visit the studio website today for information on schedules, dress code, and to access the parent portal.

*Studio One*  
Dance Academy

### STUDIO WEBSITE

[HTTPS://WWW.SIDANCEACADEMY.COM/](https://www.sidanceacademy.com/)

### FACEBOOK

[HTTPS://WWW.FACEBOOK.COM/STUDIO1DANCE/](https://www.facebook.com/studio1dance/)

### INSTAGRAM

[HTTPS://WWW.INSTAGRAM.COM/S1DANCE/](https://www.instagram.com/s1dance/)