

# New England Civic Ballet School



**OCTOBER 2011**

## SEMESTER I

*October 8-10...No Class Columbus Day*

*October 31....No Class Halloween*

*Wednesday Nov. 23- Saturday November 26...No Class Thanksgiving Break*

*Saturday December 3...Last day of class before Holiday Break*

## SEMESTER II

*Tuesday January 3...First day of class*

*Monday January 16...No Class Civil Rights Day*

*Monday February 20...No Class Presidents Day*

*Monday March 19 – Monday March 26....Winter Break*

*Recital Photo Shoot...Monday April 30th*

*Technical Rehearsal...Tuesday May 1*

**(Mandatory for ALL students)**

*Dress Rehearsal...Wednesday May 2*

**(Mandatory for ALL students)**

*Recital...Saturday May 5*

*Spring Break...May 7-13*

*Monday May 28...No Class Memorial Day*

*Thursday June 14...Last day of School Year*

*Summer Session...TBA*

## **RECITAL ANNOUNCEMENT!!!!**

THE DATE IS SET! We will be holding our annual spring recital on Saturday May 5, 2012 at 4:00 PM. Recital will be held this year at The Roger's Center, Merrimack College. Please be aware of the following **MANDATORY dates: Tuesday May 1** Technical Rehearsal, **Wednesday May 2** Dress Rehearsal. Every class participating in the recital will have a final class (also mandatory) Thursday during this week—**NO TECHNIQUE CLASSES** will be held during this week. You should have received an acknowledgment notice that you must sign and return to the office.

## **TUITION AND COSTUME FEES/DEPOSITS**

Please remember tuition is due the first of the month and **NO LATER THAN** the 15th of each month. Any tuition received after the 15th (regardless of a student's attendance) will be charged a 20% late fee.

**Please put your students name in the memo portion of your tuition check so that we can properly apply tuition.**

If a student is ill or absent for any reason you can either mail your payment to PO BOX 2155 METHUEN MA 01844 or drop it by the studio.

Costume deposits are now being accepted. For students enrolled in 1 class the costume fee is \$50.00 for all other students a \$50.00 deposit per costume is required. Costume deposits are non refundable. All costume deposits must be received by November 30th in order to ensure delivery in time for the recital. Any questions please speak with Roshni .

**PLEASE DO NOT SEAL YOUR TUITION ENVELOPE**

**NO CLASSES HELD ON COLUMBUS DAY WEEKEND OCT 8-10 or MONDAY OCTOBER 31ST HALLOWEEN**

**Don't forget to turn your Leotard/Tights into a costume during the week of Halloween. (Please make sure nothing will come off during class—make your costume work within the dress code)**



## **OCTOBER 31ST IS THE ADD/DROP DEADLINE**

Please remember that October 31st is the deadline to add and or drop any classes. After October 31st you will be responsible for the month of tuition in which you drop a class plus 1 month's additional tuition. Also if you wanted to take advantage of the unlimited class fee but DID NOT contact Roshni or Pat in the office your tuition will not reflect "unlimited classes" Please see Roshni ASAP!

### **ON THE STREET PARKING**

Please do not park on both sides of Dracut Street. At times 18 wheeler trucks are using this street and as a result it makes having cars on both sides very dangerous.

## **Happy September Birthdays**

Bethany Barstow, Peilan Bedell, Marissa LaMarca, Addison Moulton, Agnes Norman, Arabella Samyondo, Sarah Strong



## **Happy October Birthdays**

Julia Bedell, Maria Karamourtopoulos, Sadie Piotrowicz, Sarah Stanley, Kaya Warner

## **FEEDBACK/QUESTION OF THE MONTH:**

What items would you like to see replaced or added to our waiting areas and or studio space? Place your feedback in the feedback box on the information table

## **SCHOOL NEWS**

All school announcements will be posted on the bulletin boards in the front reception area. Please check these boards every time you come in.

## **COMPANY NEWS**

All company announcements including rehearsal schedules will be posted on the bulletin boards in the back hallway. Please check these boards weekly.

**2011 Nutcracker tickets go on sale Friday October 14th....Shows will sell out don't wait to purchase your tickets**

## **PLEASE MAKE SURE YOU HAVE RECEIVED/ READ YOUR BLUE POLICIES AND PROCEDURES BOOKLET**

### **RECIPE OF THE MONTH:**

#### **Apple Sauce Pumpkin Muffins**

#### **Ingredients:**

- 1 cup old fashioned oatmeal not instant
- 1/2 cup unsweetened applesauce
- 1/2 cup canned pumpkin
- 2 large egg whites plus 1 yolk lightly beaten
- 2 tablespoons plus 1 teaspoon canola oil
- 1 tablespoon of double acting baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon of pumpkin pie spice
- 1/2 cup milk or milk alternative or 1/2 cup apple juice
- 1/2 amaranth, quinoa flour or flour of your choice
- 1/4 cup whole wheat flour
- 1/4 cup maple sugar flakes
- 1/2 cup dried cranberries or raisins (optional)

#### **Directions:**

- Pre heat oven to 375 F. Line muffin pan with paper or silicone liners or coat with cooking spray.
- Combine oatmeal, pumpkin, applesauce, juice or milk. Mix until all ingredients are blended.
- Measure and mix all dry ingredients. Make a well in the center and pour wet ingredients into dry. Add dried fruit if using. Mix until all ingredients are just moistened. Fill muffin cups 2/3 full. Bake 15-20 minutes or until lightly browned on top.

## **STUDENTS BAGS AND BELONGINGS**

We would like to see all students hanging their belongs and bags on the hooks provided in the waiting and back hallway area. The tables in particular should be clear of all bags so that they can be used for homework and eating. Bags on the ground tend to be left open with all kinds of items spilling out and becoming lost. The teachers will be reminding students of this, parents please help by reinforcing.



## KIDS' NIGHT OUT HALLOWEEN FUN!!!!

Parents— come have your children join us for a Halloween inspired night of fun. Saturday October 22nd drop off 5:30 PM pick up no later than 9:00 PM. The night will include fun activities, dance, crafts, snacks. Students come dressed in their Halloween costume! What a great treat for both the kids and parents. Mom and dad can enjoy a night out, get a jump start on your holiday shopping or just drop and go back home for some relaxation while the kids get to dress in their Halloween costume and burn all that great energy they have!!! \$15.00 per child ( 2nd child \$10.00) Please sign up ASAP to avoid cancellation.

### DID YOU KNOW????

During the Depression, dance marathons were popular as a means to forget about daily troubles and to compete for cash prizes. Marathoners danced for hours and days at a time, usually resting only 15 minutes for every hour of dancing. Americans Mike Ritof and Edith Boudreaux hold the world record. From August 29th, 1930, to April 1st, 1931, they danced for 5,154 hours and 48 minutes - that's 214 days. They won \$2,000 at the Merry Garden Ballroom Dance Marathon in Chicago, Illinois. Due to potential health risks, Depression-era dance marathons were eventually banned.

**I AM SO HAPPY TO  
ANNOUNCE THAT  
CASSIE WILL BE  
RETURNING ON  
MONDAY OCTOBER  
17TH  
WELCOME BACK  
CASSIE!!!**



**STRETCH AND  
STRENGTH  
EQUIPMENT NEW  
STORAGE AREA**



**ZUMBA...YOGA...  
STRETCH...**

We all know that the holidays are right around the corner. Come on down to NECB on Tuesday nights 7:45-8:45 and get a jump start on fighting that holiday bulge!!!

Zumba at NECB will now incorporate elements of yoga and stretch and strength. Register or buy a zumba card for 6 weeks (6 classes) get 6 free...NOW THAT'S A DEAL!

### PARENTS PLEASE READ!!!!!!!!!!!!

Shortly you will notice a new area in the back hallway where we will store all of the students stretch and strength equipment (including weights, exercise bands and stability balls) It is **CRUCIAL** that all students and siblings resist the temptation to tug on or touch these items. For everyone's safety PLEASE make sure you are reinforcing this with your child as well as their siblings. Should we see any students touching items that do not belong to them or damaging items you will be responsible for the replacement of that item.

### PAC

What a wonderful first meeting we held for our Parent Advisory Committee. Our next meeting will be held on Thursday October 20 at 6:45 PM in the office. BE ON THE LOOKOUT FOR SOME GREAT ANNOUNCEMENTS COMING FROM OUR PAC IN THE NEAR FUTURE. We would love to get all of our parents feedback we want to hear from parents of students of all ages...what would you like to see the PAC focusing on this school year?

### NATURAL HEALTH SEMINAR ASSESSMENTS WITH MARIBETH CRUPI

On Thursday October 13th NECB will host a **FREE** natural health seminar. The purpose of this seminar is to educate & help the average person better understand how the body systems work and what we can do to **prevent** disease rather than attempt to **cure** disease at a later date. Please see flyers located around the studio. Space limited please sign up by Thursday October 6 if you will be attending. If you suffer from: Allergies ~ Sinus Problems ~ Migraines ~ High Blood Pressure ~ ADD/ADHD ~ Fibromyalgia ~ RLS ~ Heart Disease ~ Insomnia ~ High Cholesterol ~ Weight Problems ~ and more THEN YOU CAN'T AFFORD TO MISS THIS PRESENTATION!

On Monday October 3rd Physical Therapist Maribeth Crupi will be at the studio providing individual assessments of students. All of the October 3rd time slots have been reserved **HOWEVER** Mrs. Crupi will be back on **MONDAY NOVEMBER 7th**. If you are interested in securing a slot on Monday November 7th please contact me ASAP...times are going very quickly.

### APPAREL ORDERS

In your October envelope you should have received information about NECB Apparel. I am now taking orders for the following: NECB "suits" this includes NECB jacket and Yoga pants (items can be purchased separately as well) Also, back by popular demand NECB sweatpants. Sweatpants can be ordered in either black or grey. Extra order forms are available on the information table.