



# DANCE MATTERS

Old Donation Dance Education Program

Volume 1 Number 2

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## Meet the dance faculty: Valerie Annette Winborne

Teacher/dance therapist/healer/Mommy/tea drinker

### What kind of dance class will you teach?

Great question. I will teach a technique class that incorporates the very important basics for any technique. I will do it through modern dance movement integrated with West African Dance, Jazz and Hip Hop.

**What's a dance therapist?** Well, A dance therapist is a person who uses movement and gesture to help the mind and body function at its best. For example, if you are feeling sad, you might slump down and allow your body to slouch, you might hang your head low and not want to do much of anything....a dance therapist would try to help, even heal you through non verbal work to change your body and the sad feelings.... kind of like a counselor or psychologist except they work to make you feel better by talking.



### Do you have a family? How many children do you have?

Oh Yes, I have 2 girls. They have long names.....Ming Elaine Winborne Woodson who is 2 years old and Ryleigh Elise Winborne Woodson who is 10 weeks old. I have a husband...Roman....he's tall and wears glasses. I have brothers and sisters, My Mom and a cat that looks like a miniature Ocelot... her name is Angel the Cat and she can fetch like a dog.

### Why do you like to dance?

Well, its not just that I like dance, I love dance...I love to move, I love responding to music and I love seeing other people move. For me movement is dance and dance is choreography, so when you walk and you do it consciously its dance when you move and make it specific, its choreography. That is truly what makes life interesting for me.

### You said you are a tea drinker...why mention that?

Well tea is not just a drink for me...it's a little luxury I try to give myself daily. to slowly sip a tasty, flavorful drink and think peaceful thoughts...well is like a mini vacation...a little luxury. Its makes the whole day nicer. I drink tea but I also collect tea pots and love the art of tea. There are actual tea ceremonies that you have to learn to participate in, it's a lot more than just drinking.

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Next Week—Meet Mrs. Buchheim

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### Dance Word of the Week:

*Shape*— a three – dimensional design made with the body in space - curved, angular, straight or twisted

### Dance History Trivia:

The terms upstage and downstage came from the 18th century , when the stage floor were slanted, or raked, upward away from the audience. The stage neared the audience was lower than the back of the stage space.

**Valerie Annette Winborne, from page 1**

**Do you have any favorite things?**

Oh yes, Ice Cream...right now my favorite flavor is Sticky Toffee Pudding by Haagen Daz.

**My favorite snack:** Olives, Goat Cheese and Cherry Tomatoes on Cracked Black Pepper crackers.... oh and if you can get a bit of smoked trout it's a taste sensation!

**My favorite TV show** is on the food network, I love the Food Network.

I love smiling faces especially yours right at this moment.

**If I was supposed to do a really hard dance step and I could not get it, would you be upset?**

NEVER...There are so many steps I could never do the way some other people did when I took class and it made me feel like an awful dancer, but when I learned to try to do things the best I could and to chal-

lenge myself to do the steps better than I thought, I found that I got lots of compliments and stickers. I found out it was not about looking like someone else but being my absolute best and trying real hard...

Sooooooooooooooooooooo, what to answer your question, I would never get upset if you can't get the step because what's really important is that you try your best.

**Is there anything else you'd like to say to end this interview?**

See you in class!



**Dance Legends**

**Fanny Elssler** 1810 - 1884), born Franziska Elssler, was an Austrian dancer who introduced theatricalized folk dance (character dance) into ballet. She was celebrated for her spirited, spectacular dancing and for her technique, especially her point work.



**Parent/Teacher communication:**

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PARENT INFORMATION

**PLEASE MAKE SURE TO SIGN YOUR CHILD'S FORMS. BE SURE TO CHECK THE FRONT AND BACK OF THE DIFFERENT PAPERS. WE APPRECIATE YOUR HELP WITH THIS. WE ALSO APPRECIATE YOU E-MAILING MRS. SPEAR-JONES THAT YOU RECEIVED THE BEGINNING OF THE YEAR DANCE INFORMATION.**

- **AS PART OF THEIR HOMEWORK, THE STUDENTS ARE ORGANIZING THEIR DANCE NOTEBOOKS. THEIR DIVIDERS SHOULD BE LABELED THIS WAY— 1) BALLET 2) DANCE PERSPECTIVES 3) 2ND TECHNIQUE CLASS 4)) CREATIVE DANCE.**
- **MOST DIVIDER PACKS COME WITH 5 OR 6 DIVIDERS, SO THE 5TH AND 6TH DIVIDER CAN BE THE STUDENT'S CHOICE -EXAMPLE: DANCE HOMEWORK OR DANCE VOCABULARY.**

**THE YOUNGER STUDENTS MIGHT NEED HELP WITH THIS , SO YOU MIGHT WANT TO CHECK IN WITH THEM.**

(Editor's Goof) - Last week's picture of the faculty was labeled wrong. The ODU student intern's name is Stephanie Glass not Sharon Glass.

**REMINDERS...**

**Dance Calendar :**

- Oct. 29 – November 2 - Parent visitation (more information to follow at a later date).
- November 2 - End of First Grading Period.
- November 5<sup>th</sup> - 6<sup>th</sup> – Staff Day - Parent conferences as needed.



*“Dance Matters” has, of course, two meanings; items of information to help the year go well, and our commitment to your child and the pursuit of artistic excellence.*