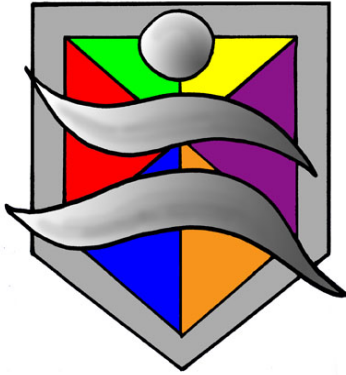


OLD DONATION
CENTER

Dance



DANCE MATTERS



Old Donation Dance Education Program
Volume 2 Number 4
September/October, 2008

Meeting Mrs. Winborne



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- 1) **What do you like to do when you are not teaching dance at ODC?** I spend my free time being a mother and wife but in addition to that sometimes I teach dance and choreograph with other children from other areas of Tidewater. I actually have a pre-professional dance company that performs my choreography. I also like to watch a movie, attend a lecture about herbs and natural health, cook, go to church and hang with my big family.
- 2) **Tell "Dance Matters" about your family.** My Mommy turned 84 years old on the 17th of September, she is great. She exercises and watches one of my daughters each day. Before my Daddy passed, they were married 50 years. I have two brothers and two sisters, all older, in fact there is 13 years difference between my oldest sister and 11 years difference between the next oldest sister. People ask us if we are triplets when we are together, so we do look a lot alike. My two older brothers are great. One lives here and one is in New York. They spoil their baby Sister and yes to them I am still "the baby". I have three nephews and a niece, all are over 21. One of my nephews has a son and a daughter on the way so I am a Grand-Auntie. I have one brother in law and a sister in law (that means one of my sister's is married and one of my brothers as well). Now I actually don't think of my sister and brother's spouse as "in-laws" because my sister has been married since I was 9 years old and my brother has been married since I was 11 years old...you get the picture, they are just my brother and sister with different Moms and Dads. Now, I met my husband in the 90's but really never had a conversation with him until we chatted after church and went to lunch. We got married and now we have two daughters, one is 3 years old, Ming and the other is 15 months old, Ryleigh. You know what I think that is so cool? My Mommy is 40 years older than I and I am 40 years older than Ming. WOW!!
- 3) **Describe your most memorable memory as a dance student.** My high school did not have a dance program so I started one with my best friend. We knew we needed some supervision so we set out to find a teacher willing and able to help us. That teacher was Gayle Harts and I remember how exciting I felt learning choreography that could have been on B'Way.
- 4) **Why are you a teacher?** I was told performing was a gift I had but I think sharing knowledge is my gift, that's teaching. I have always loved working with children. I originally went to college to become a child psychologist. When I realized how much I loved dance and found out that Dance Therapy was the psychology of the body and mind coupled with the realization that I could not save every child from harm, I wanted to do dance therapy. after touring extensively and performing, I wanted to find a way to allow the performer in me to live and the dance therapist, how??? How about Teaching in a one of a kind, amazing program that just happens to be in the area you are from where all your family resides.....mmmmmm.....
- 5) **I dance because,** dance is breath. If I am not dancing I feel like there is no air, the world is oppressive and I struggle for vitality. Sometimes I get busy with my life and everything is out of sync, it is when I dance I realize that was what I needed, things have a clearer perspective. Dance allows me to feel totally free, I can be anywhere, be anything and all at the same time. My creativity allows me to challenge the looming thought of mortality for when I move I feel timeless, boundless...I am Spirit. Dance really is the stuff of which life is made.

Parent Information

Parent Packets:


Please sign the line that corresponds with the week printed at the top of the newsletter. If your child has missed a week due to illness, we will then know to give them the information they missed. Also please do not sign ahead.

Lunch Money:

If you would like your child to have money in a lunch account, it needs to be put into a separate account here at ODC. We are not able to access money in an account at your child's home school. Please make sure your child has the money they need for lunch. Students who have free or reduced lunch at their home school receive the same here.

Homework Buddies:


We do give a small amount of homework each week to keep the children thinking about their dance education classes. Most assignments should take only 15-20 minutes to complete. There are several ways to find the assignment if a child has misplaced the instructions or was absent. In building our sense of community, each child has chosen two "homework buddies"; one from his/her home school and one from another school. Both buddies are on your child's team. They have exchanged names and phone numbers. So if your child is either confused about the assignment or was absent, the ways to retrieve the homework assignment are either by calling their "buddies" or by checking the Teacher web site.



Dear Parents,
You may have heard your daughter speak of this unique homework assignment of practicing making a dance hair bun. They are not kidding. This is absolutely correct. Having the proper hair style for dance allows the teacher to easily see the neck in order to check spinal alignment and it also keeps hair from distracting the student in dance classes. We would like our students to be self sufficient in their ability to do their own hair. However, we don't want our younger students to STRESS out over this. Just so long as they practice putting their hair up, they can still get their moms or dads to fix their hair for their dance day.

Thanks,
Grateful Dance Teachers

Dance Hair



Friday student, Brittany Steffens, showing a beautiful ballet bun

Dance Word of the Week
Variety–
Lack of sameness



Tuesday Students in Creative Dance

Parent/Teacher Communication:

- 1) ODC phone number 473-5043
- 2) Faculty e-mail addresses
 - Elizabeth Albarado
elizabeth.albarado@vbschools.com
 - Gwen Spear-Jones
gwen.spear-jones@vbschools.com (parent volunteer coordinator)
 - Valerie Winborne -
valerie.winborne@vbschools.com
 - Laura Wright laura.wright@vbschools.com
- 3) TeacherWeb(www.teacherweb.com/VA/OldDonationcenter/MrsWright/)

Dance Calendar :
Oct. 20 –24
7th and 8th grade dance students go to VPAA

October 27-31
Parent Visitation Week

October 31 **End of 1st Grading Period**

November 3-4
Staff/Parent/Teacher Conference Days

SPECIAL NOTE to the parents of the 7th and 8th grade dance students

The dance department will be taking a field trip during the week of Oct. 20–Oct. 24. The 7th and 8th grade dance and art students will be touring the Visual and Performing Arts Academy at Salem HS. New this year is the ability for our 7th and 8th grade dance and art students to earn master class credits that can transfer into the Visual and Performing Arts Academy. Up to sixteen of the VPAA's seventy required master class hours may be earned at ODC. (more detailed information about this to come in future "Dance Matters")

We have sent home field trip permission forms for you to sign. If you have a 7th or 8th grade dance student and have not signed or seen this form, please check with your child to make sure the form is not buried in the bottom of his/her dance bag. Academies night will be on Oct.22 at VBCC. This will give both parents and students an opportunity to receive information about all the VBCPS academy offerings.

"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.