

Dance Arts Now!

The official NHSDA Newsletter for Middle and High School Students
Spring Issue 2020

*Spring in Our Step
Brings A Spring into Our Creativity*

As flowers blossom beautifully, we discover that our dreams awaken to new and exciting realities. In this issue, we honor our mentors and explore how dance teaches us so many positive lessons, which then grow into compassion and enlightenment.

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The Soul of Dance
By: Olivia Netland
Advisor/Sponsor: Ashley Mott
Park City High School
PC Olivia Netland

If it makes a mistake, it continues to learn.
If it's perplexed, it will try, it will crash, it will burn.

If it's sore, if it hurts, it continues to advance
If it breaks, if it shatters, it moves on, despite the circumstance.

If it's battered, if it's bruised, if it's broken, if it's tired,
It continues to excel; it becomes more inspired.

It's powerful, it's strong, it makes the body keep going
It jumps, it leaps, and no matter what, keeps going.

The soul of the foot is what helps one to dance.
The soul of the heart is what gives it that chance.



PCA. Mario Loiederman Middle School

Dance Class for Athletes!

★ ***Please come prepared for dance class just as you would by bringing your math book to math! Being prepared shows your commitment to growing***

The A. Mario Loiederman Middle School offers the course ***“Dance for Athletes”*** for 6th ~ 8th graders who want to enhance their athletic performance. No dance experience is required but students must participate in all aspects of the program. Agility, flexibility, footwork,

balance, and endurance are addressed to improve one’s ability to perform on the sports field. Grading is based on assignments, tests, performances, and “how each student demonstrates respect for others with an honest willingness to analyze and complete tasks.”

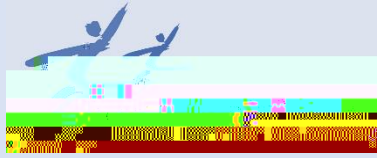
Modeled after ***The National Core Arts Standards in Dance***, this beginners’ program enhances a well-rounded education for each athlete.



Check out the NDEO guest blog “Behind the Curtain,” which includes dancers’ personal experiences! Topics include flamenco, hip-hop, homage to choreographers, body positivity and self-care, and more:
ndeo.org/behindthecurtain



NEWS (cont.)



NDEO Outstanding Dance Educator Recipient - PreK12

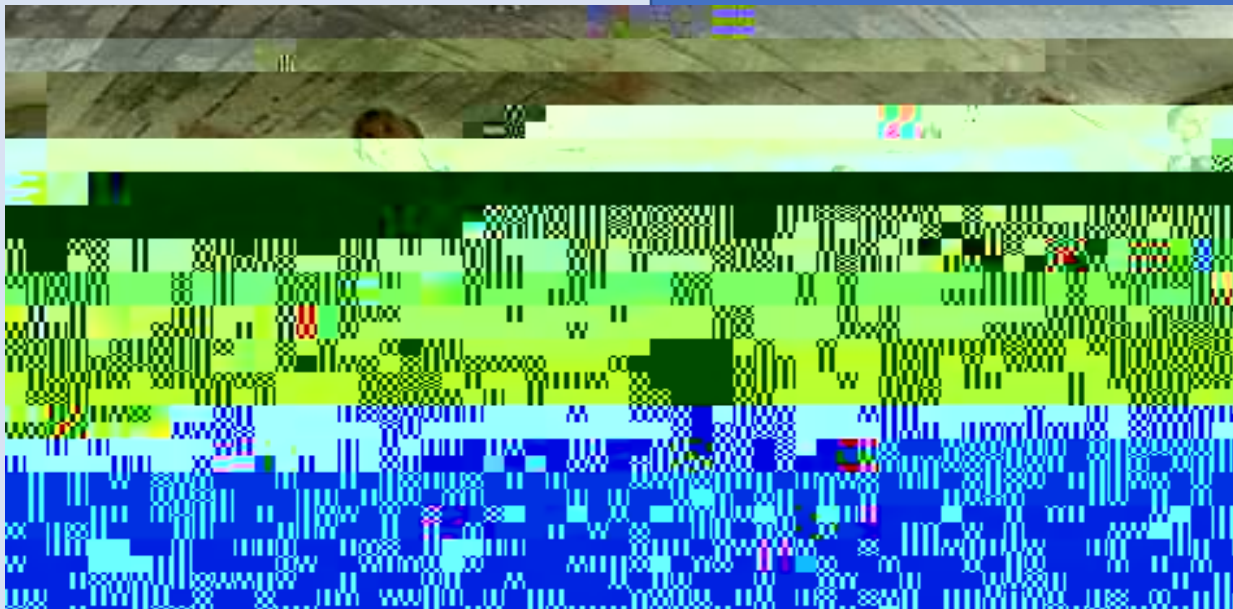
Ms. Susan Griffin has taught dance for all ages since she graduated from college. She was an Associate Instructor while pursuing her master's degree, has performed with professional companies, and is now teaching at South Mountain High School (AZ). Many of her students are now successful teachers and performers, including dancing with the Bill T. Jones/Arnie Zane Dance Company.

Excerpt from A Student Support Letter:

"[Ms. Griffin] was a mentor, a counselor, a mom, a cheerleader, and so much more. Walking into her class, you knew you were going to learn more than just dance. Her studio was a safe place that fostered teamwork, leadership, creativity, and diversity. Her approach to dance was not one-sided. She encouraged us to use our voices and bodies to express how we felt. She invited individuality while teaching us how to work as a collective. There was always a greater message behind every piece she created for us. From immigration to border patrol and self-respect, her choreography was accompanied by research and facts. She took us to see dance



*Want to share how your teacher inspires you?
Want to Thank Your Dance Teacher?
Go to the NDEO website!*



NEWS (cont.).

PC Pioneer Valley Performing Arts Charter Public School

*Great Inspiration:
The Dance Education Laboratory (DEL) &
Pioneer Valley Performing Arts Charter Public School (PVPA)
DEL Program Founder: Jody Arnold
Directed by Ann Biddle, DEL Founding Faculty, with Felice Santorelli, PVPA Dance Dept. Leader*

The PVPA Dance Dept. partners with DEL to help middle and high students broaden their understanding of dance education while acting as role models for younger students. Based in NYC at the 92nd Street Y, the program emphasizes connections to literature, social studies, and science. This unique combination of



Teaching Children, Children Teaching

By: Yoshi Sanders

NHSDA Award Winner

Advisor/Sponsor: Felice Santorelli

Pioneer Valley Performing Arts Charter Public School

I am standing at the front of the classroom, leading an energetic and bubbly group of fourth graders through a dance improvisation. It is an odd juxtaposition: the small cramped space with the desks pushed aside, usually meant for silent learning, is instead overflowing with movement, enthusiasm, and pure physical joy. I see the kids' smiles beaming with curiosity and raw excitement as they explore through the space in totally new ways. I see myself in the eyes of one boy staring innocently up at me, a shy and quiet kid who has yet to realize the possibilities dance can have in his life.

I am teaching in the classroom through my work with the Dance Education Laboratory (DEL), a professional development program for dance educators based in New York City. I have been trained in the DEL model as a high school mentor to teach a residency in an elementary school, introducing young kids to something wonderful, perhaps never presented to them before ~ **Dance**. Through my work as a DEL student leader and ambassador, along with my training at my school and in my studio, I have developed a love for dance that I so eagerly want to sha

passion to its fullest capacity. I feel lucky that I was able to break through the shell of self-doubt and social criticism that existed around dance as a boy growing up in a sports world. With the aid of my students, teachers, and family, I have never felt more encouraged to be the person and dancer that I am today. I want to be that kind of mentor, especially for other young boys.

In our lives, we face moments in which we must overcome adversity to reach personal fulfilment. Dance helps us find a voice and be able to overcome any obstacle to reach personal fulfilment. When I am teaching, I am showing my students the universality of movement ~ that dance is fundamental within us all and should be accessible to all!

Yoshi with his enthusiastic young students share happy moments danc

Dance has a lasting impact on my life, both in and out of the studio; it teaches the importance of hard work, discipline, and perseverance. I fe

A Blank Slate Leads to... Creativity & Choreography

By: **Rush Johnston**

Graduate,

Advisor/Sponsor: **Irina Ushakova**

Rush wrote this article when she was a high school senior. She is now pursuing her BFA in Dance at the Peabody Conservatory, Johns Hopkins University.

I started with a completely blank slate when I began to flesh out my senior solo. I did not know what style or movement quality I wanted. I had no music, no theme in mind to spring from. All I knew was that I wanted something completely different from what I was used to. I was seeking a way to push myself even further as a choreographer and this was the perfect opportunity.

I spent several evenings in the studio with the curtain pulled across the mirror, experimenting with what movement quality felt the most authentic at the time. Once I had a sketch of what I was looking for, I searched for seemingly more obscure musicians and stumbled upon a piece called

arranged by Hayden Calnin and inspired by the Alan Watt's lecture

Both the accompanying instrumental music and the spoken word felt so natural in my body. I knew the concept of nothingness, as well



Dance Arts Now!

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