

EDUCATION & OUTREACH PROGRAM NEWSLETTER



From Ms Vera Altunina Artistic Director

Happy New Year!
It has been a very busy schedule for the First Semester and we are concluding it in a few weeks! We couldn't be more proud of all of your accomplishments, hard work, and passion for this art form.

- All dancers have made incredible accomplishments:
- Performed in Dracula and The Nutcracker productions for a total of 18 performances.
- PD Students participated in their first North American tour with the Grand Kyiv Ballet, performing Snow White, Swan Lake, and Giselle.
- IBA Students from different levels made a Holiday presentation in the Bellevue Square Mall as part of the Outreach Program
- In parallel with all the performances, several students also trained and participated in the ADC/IBC Ballet Competition and we have been invited to Florida to participate in finals in April of 2024



Productions 2024
 The Jungle Book - March 23rd-24th
 Giselle May 3rd- 5th
 Stars of Tomorrow June 15-16th
Plans for Education & Outreach
 Visit to Seattle Children's Foundation
 Visit to Schools (Jungle Book) -TBA
 Bring a Friend - Multicultural Day, Mother's & Fathers Day



A huge thank you to the entire IBA and IBT community, our supporters, friends, our extraordinary faculty, and our incredible staff for helping us thrive as we head into a new year!
With great appreciation,

Ms. Vera Altunina



**You lived the good life last year, but this year I hope you live your best life!
To a year of empathy, creativity, and innovation!**

LOOKING AHEAD BY ELIANA A-DOTSON

This year has arrived and for many of us a new year marks a symbolic beginning, a time to celebrate the friendships we nurtured, rediscovered or found, the health we cultivated, the joy we gave to others and/or how our own growth, battles, failures and accomplishments helped us build the character and integrity we aim to become better human beings. Many of us, reflect on the lessons, mistakes and failures that helped us find new ways, build new paths and opportunities, or rediscovered new ideas to continue learning, growing. As 2024 unfolds, we may find motivation to try something new, to reach new goals or do something to challenge ourselves however, with true inspiration, we will see the importance, value, and attainability to continue and progress in a sustainable way. Thus, as this year begins, I would like to invite you all to join me in an effort to BE a reason of inspiration and to see and listen to those around us to BE INSPIRED.

Being part of IBA/IBT allow us to witness art and each dancer's journey. We get to see dance as a dynamic world of constant creativity and living growth evolving and blossoming as each dancer writes their own story, building meaningful connections, inspiring us all with their dedication, steady commitment, adaptability, courageous and youthful vision. I hope we open our hearts and minds to see those WHO inspire us, that we find our WHY's and find the paths on HOW we all can work on our individual growth and as a community.

It's my hope, we continue SUPPORTING each other and build the skills, MINDSET and harmony that allow us to EVOLVE creating with CONSISTENCY a set of habits that lead to JOY, and the sense of fulfillment, peace, meaning or whatever it is that we desire to accomplish this new year being inspired by one another, by seeing who we are as lifelong learners.

Fulfillment encompasses a deep sense of satisfaction, purpose, and contentment and I hope each day in 2024 we find reasons to find it in whatever we do and we surround ourselves with.

To a Wonderful and Inspiring 2024



**Please reach out if interested on any of our
Education and Outreach Programs**
Please email me or scan the QR code to get
in the list of schools that may get visits this year.

Upcoming Events

Ballet Conferences

January 19th & 26th
January 23--26th

Jungle Book Rehearsals begin

January 20th

Upper Preparatory Division Conferences

Jan 22-27th

The Giselle Cast Announcement

January 29th, 2024

Berlin TANZOLYMP Dance Competition in Berlin,

February 15-19th, 2024

Observation Week

March 4-9th

Jungle Book Performance

Mar 23-24th

Spring Break

April 8-13th

Giselle Performances

May 3-5th

Stars of Tomorrow Show

Jun 15-16th



Eliana Dotson

EDUCATION AND OUTREACH VOLUNTEER COORDINATOR

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Reflection Corner -Define Your Why, How, What...



SOME PEOPLE **WANT** IT TO HAPPEN,
SOME **WISH** IT TO HAPPEN
OTHERS **MAKE** IT HAPPEN. M.JORDAN

“Our **WHY** is our purpose, cause or belief—the driving force behind everything we do.

Our **HOW’s** are the actions we take when we are at our natural best to bring our WHY to life.

Our **WHAT’s** are the tangible manifestation of our WHY, the actual work we do every day.”

— Simon Sinek,

One of my favorite readings during December was Mindset, The New Psychology of Success by Carol S. Dweck, where the main idea is how changing our beliefs about our abilities can lead to greater success in all areas of life.

Sometimes it is easier to think those who succeed were born with a natural talent. are luckier, have a gift or there is a little start that always brings good opportunities to them. However, few times that is the case, most of those who reach out fulfillment on what they do besides relying on talent they also have a growth mindset to keep learning, to be open to see the world as a canvas of opportunities that can be created. Here , there are some principles that can contribute to an individual path of fulfillment.

- **Growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work
- **Passion** - is what gives you boundless energy, intense almost single-minded focus and the willpower to overcome even the most daunting obstacles.
- **Vision** - It’s a glimpse into your desired future motivating you with direction, purpose, growth and action
- **Preparation** - refers to the action you must take to give life to your Passion, Vision to reach the fulfillment you wish
- **Courage** - is exercising a conscious choice — one motivated by virtuous emotions like compassion, concern, or love.
- **Perseverance** -teaches you how to focus on solutions instead of problems. It is continuous drive to reach our goals and improve our skills and performance through persistent effort , learning from failure and obstacles.
- **Integrity** – Having integrity means that you are honest, ethical, and follow defined moral principles.

How these core principles can help us shape our dreams?Let’s discover how to apply these key elements as a roadmap to find our journey.



Ms Stephanie Saland January 12th

To be in the room with Stephanie while she teaches is such a calm and mindful place to be. She brings an infectious joy to ballet, and you can watch the students release their anxiety and tension and consider their technique from new angles.

We are lucky to have YOU Ms Saland. To learn more about her and her incredible trajectory please visit her website <https://www.stephaniesaland.com/>

Kind Ambassadors December 2023

Alice, Amanda C, Anastasia, Angela K, Ani,Ariel, Audrey D., Bethany, Cici,Clara H,Ella,Ellie, Emma F, Georgia, Ivy B, Jingrong ,Justise,Kareli,Kaylee ,Lachlan,Mariza ,Mary E ,Ms Natalia ,Ms Vera,Polina,Ryan, Shannon,Sofia,Sophie Zoe

Please share with us the culture and heritage you celebrate so we can celebrate YOU!

