

Education & Outreach Program Newsletter



Rex Tranter Photography

IBT's Education & Outreach Program 2023-2024

Get inspired and Inspire others Bring a Friend to Class

Dancers from every program at IBA get the opportunity to bring a friend to the offered classes.

Each of our amazing instructors have created a set of options for our dancers to bring a friend to experience one of the selected dates and times.

We hope this is a wonderful opportunity for our dancers to share the joy and the set of skills built in each studio so purposefully and devotion.

We wish to connect with our community and inspire everyone to explore and learn more about the world of dance and art at the International Ballet Academy.

We kindly encourage everyone to join us this month. Registration is required to account for number of visiting friends for each class.

Observation Week (November 6th-10th)

International Ballet Academy dancers are a source of inspiration to many, this month we want to highlight their passion, dedication and beauty.

Families are invited to come and have a glimpse of what happens in your dancer's studio.



Let's build meaningful and purposeful connections.

Please scan the QR code to connect



NOVEMBER EVENTS

02/03



IBA's Professional Division Class

Date: November 17th, Friday 11:30 to 2:00 p.m. (less if needed)
Age Group : 7- 13 years old

Preparatory Program

Free Open Classes to Invite a friend

Character

Friday November 3rd 4:00 - 5:00

Jazz Open Free Class

Tuesday November 14th Time TBA

Contemporary

Tuesday 14th 4:00 - 5:00

Open Ballet Class (Ballet 1-4)

Tuesday November 21st 6:30-7:30

Children's & Primary Program

with Mrs Christin Reuss-Purcell

Children's Program (Boys and Girls)
Ages 3-6

Thursday November 2nd, 16th

Boys & girls ((4 y.o) 4:25 - 5:10 pm

Boys & girls ((5 y.o) 5:15 - 6:00

Saturdays November 4th, 18th

Children (3 y.o) 9:45 - 10:30 am

Children (4 y.o) 10:35 - 11:20 am

Children (5 y.o) 11:25 am - 12:10 pm

Children (6 y.o) 12:15 - 1:00 pm

Primary Program (7-9 y.o)

Friday November 13 & 17th

from 5:10 - 6:10 & 6:15-7:15

Boys/Young Male dancers class with

Mr. Leo Rose Reich

November 2nd, 9 16th

Thursday from 6:10 - 7:10

Ages 7-11

November 6th-11 Teacher's Appreciation Week

November 5th - Daylight Saving

November 23-24 -Thanksgiving Closed

Get Inspired with the Professional Division

A group of students from the community come to observe IBA's Professional Division and get inspired by their dedication, passion, discipline & artistry



Looking a group of 20-30 students who would love to come and observe an IBA's Professional Division Class

Date: November 17th
Friday 11:30 to 2:00 p.m.
(less if needed)
Age Group : 7- 14 years old

OUTLINE

- Meet International Ballet Academy Artistic Director Ms Vera Altunina
- Observe & Meet a Professional Division (PD) Class
- Do a Movement Activity with PD dancers
- Questions and Answers

National American Indian & Alaska Native Heritage Month



Honoring The Five Moons - Five of the most influential ballet dancers of American Indian Heritage who have contributed to our art form. From left: Maria Tallchief, Marjorie Tallchief, Rosella Hightower, Moscelyne Larkin and Yvonne Chouteau, the Five Moons ballerinas, created distinguished careers in the dance world during the 20th century

Among the all the many forms of art that have been inspired by the Native American people, dance is, perhaps, one of the most spectacular and awe-inspiring of them all. To the average visitor or non-native person, Native American dances may seem like simple steps, hops, and jumps, that essentially keep rhythm with the beat of the drum. But in reality, these dances are so much more than that.

Dance is a way of expression, a language in itself. They tell stories, and they are used as a medium for prayer and each dance has its own significant meaning in Native American culture.

Historically, dancing was a way to promote community interaction.

source: <https://culturallyyours.com/>

November

National American Indian & Alaska Native Heritage Month

February

African American History Month

March

Irish American Heritage Women's History month

April

Eastern European Arab American Heritage

May

Asian Pacific American H.M. Jewish American Heritage Month

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

<https://www.ibtbelleveue.org/outreach-program-2023>



it's rehearsal time - Nutcracker Season is here!

As the Nutcracker Season approaches, we, families, know November is equivalent to (more) rehearsal time. This translates into more time supporting our dancers, preparing healthy foods, making sure they are on time and stay healthy and strong.

For the dancers, rehearsing means learning by repetition, while their body nurtures a knowledge of steps and sequences that eventually becomes a second nature so the dancer's mind focus on the choreography, liberating the artist to focus on how one is performing, and instead, immersing themselves on the beauty of the music and the role. Aside the artistic skills gained through rehearsals and performing, here are just a few skills our dancers continue to develop as they prepare for another magical season.

Teamwork

Working well as a team is an ESSENTIAL part of life. Dancers learn that everyone's role is important and that cooperation is KEY to the success of the performance.

Goal Setting

Performing on stage gives kids something BIG to work towards.

Confidence

Performing for an audience requires a dancer to step out of their comfort zone and into an environment where all eyes are on them

Share the Joy and Dream BIG

Performing to an audience is a beautiful opportunity for dancers to share with the world what matters to them and spread joy, hope and experience how what they have to offer is important to the world we live in. It also give them an opportunity to be inspired by their fellow dancers and principal dancers, staff and volunteers. It's time to Dream BIG and see dreams become true



Being Social About Our Gratitude Practice Enhances Our Creativity

Gratitude is when we take the time to notice the good we've received and show our appreciation. When we make practicing gratitude a habit, it can help us improve our well-being, performance, and relationships.

Our relationships with others are the greatest determinant of our happiness.

So it makes sense to think of other people as we build our gratitude. You are invited to use the prompts below to help make growing our gratitude as part of our daily routine.

Gratitude is when you take the time to notice the good you've received and show your appreciation. When you make practicing gratitude a habit, it can help you improve your well-being, performance, and relationships.

Use the prompts below to help make growing your gratitude part of your daily routine.

grateful EVERYDAY

Monday

What are 3 things you're excited for this week?

Tuesday

What do you want to make sure you do NOT take for granted today?

Wednesday

Who haven't you properly thanked for helping you? Send them a short message to show your gratitude.

Thursday

What made you laugh, smile, or feel loved today? How will you make others laugh, smile, or feel loved

Friday

What are 5 things that happened this week that you're grateful for?

Saturday

What should you notice, savor, and appreciate right now?

Sunday

What's an experience, lesson, gift, or talent that helps you feel blessed? How can you pay it forward?