



# Renuntio

No nobler training exists but that which cherishes the good, the beautiful, and the true, thus producing disciples of knowledge and lovers of wisdom.

October, 2017

Volume 6 Issue 2

## Teaching Dance as Art

I have been dancing all my life. Not on a team or even at a studio. I have the proof from endless home videos that show me dancing and moving at every possibility. It wasn't until middle school when I expressed my own desires to take actual dance classes that my mom signed me up. I quickly learned the techniques needed to correctly execute the moves that I had already been doing at home. I was put onto competition teams and learned a ton of choreography. Dance class was about practicing the moves over and over until they were perfect and ready for performance and competition. Coming into dance later in childhood made it hard to keep up with the demanding schedule and I was losing my passion for movement. During my last years of high school, I stopped dancing competitively and taught dance classes out of a local studio. Teaching little kids the basics of movement and being creative brought back my love of dancing. After graduating high school, I joined a traveling dance company called "Desert Dance Theater". The company was based on the genre of modern dance which I had never studied but I quickly became obsessed with.

I loved that the fact that body movement could illustrate ideas such as beauty, religion, loneliness, and love. I learned that dance lets the body tell so much more than

words, making dance possibly one of the truest and most expressive art forms. There is a lack of knowledge about dance as an art form. It is seen mainly as a physical activity and used as a competitive measure to see who the best dancer is. I have a goal to educate others from the perspective that not only is dance great for physical activity, it can also be used to teach emotional maturity, social awareness, and cognitive development. There are so many benefits to having dance as a part of education.

Having dance in school gives students the opportunity to learn how to express themselves in different ways. Dance is a function that happens in children before they even possess language skills. Movement can be used when thoughts or emotions are too powerful for words to contain. Children move naturally to express a thought or feeling and they move because it is fun. When their movement becomes structured and is performed with awareness, it becomes dance. The ability to learn how to create and how to perform is indispensable. Children can overcome shyness and gain self-esteem. They can feel confident and proud of their work. They can work through emotions and ideas while learning about group dynamics and cooperation. Also, there's lots of evidence that kids immersed in the arts do better on their academic tests.

(Continued pg. 2)

## THE XAVIER PROMISE

*Xavier Classical Charter Schools are dedicated to providing a classical, intellectually rigorous, content-rich, liberal arts education, preparing students to excel in every duty and guiding them toward wisdom and virtue.*

### UPCOMING EVENTS

1

- 10/4-18— Butter Braid Sales
- 10/10 — Trap and Skeet
- 10/13 — Capes and Quotes Day
- 10/13 — Fall Frolic 5-7 p.m.
- 10/13 — Homecoming Dance (gr. 9-12)
- 10/17 — Trap and Skeet
- 10/19— Board Meeting 6 p.m.
- 10/20 — ISU Invitational Eclatante
- 10/31— Trap and Skeet

*Dance as Art continued...*

I feel pride each day that I am part of a belief that gets students out of their desks and gives them the chance to move their bodies. To take dance classes is expensive and Xavier is providing each student an equal chance to have dance in their lives. This school is so fortunate to have the foundation that understands how children learn through physical and sensory experiences. They appreciate dance as an art form and realize how teaching dance benefits their students by giving them opportunities to express their emotions and become aware of themselves and others and by developing their knowledge, skill, and understanding about the world. When I think about the purpose of education, I believe it is more than just preparing them for jobs. I want to teach them to be human beings who can enjoy deeper forms of beauty in the world. I am excited to start this school year and have so many ideas. I am thankful for the environment that this school provides for its students and even for me to pursue my dreams in teaching dance as art.

*Dani Salts, Dance Teacher*

## VIRTUE OF THE MONTH

**RESPECT** — We regard others and ourselves as deserving of kind and just treatment. Our conduct is considerate and polite. We look for the good in others and demonstrate compassion. Our attitudes toward others and their property reflects the way we wish to be treated.

**Oct. 2** — *“While we may not be able to control all that happens to us, we can control what happens inside us.”* ~Benjamin Franklin (Author, politician, inventor, diplomat, b. 1706-1790)

**Oct. 9** — *“Always be a first-rate version of yourself instead of a second-rate version of somebody else.”* ~Judy Garland (American singer, actress, b.1922-1969)

**Oct. 16** — *“You’re never as good as everyone tells you when you win, and you’re never as bad as they say when you lose.”* ~Lou Holtz (Professor, football player, coach, analyst, b. 1937-present)

**Oct. 23** — *“Keep your face to the sunshine and you cannot see the shadow.”* ~Helen Keller (Author, political activist, lecturer, b. 1880-1968)

**Oct. 30** — *“The greater the obstacle, the more glory in overcoming it.”* ~Moliere (French playwright, actor, b. 1622-1673)

## OCTOBER FUN!!!

### Fall Frolic

**Friday, October 13<sup>th</sup>**

5:00pm-7:00pm. PFA is in need of volunteers!!!! Please click the link below to sign up.

[www.SignUpGenius.com/go/20F0448A4AB2EA3F85-fall](http://www.SignUpGenius.com/go/20F0448A4AB2EA3F85-fall)

**Friday, October 13<sup>th</sup>**

Dress Up Day-Capes and Quotes!

**Friday, October 13<sup>th</sup>**

9-12 Grade Homecoming Dance from 9:00-12:00