



Happy Fall Ya'll, welcome to another new month!!

It was so wonderful to see so many dancers take advantage of "Try It" and "Bring a Friend"

Wow! The Fall Fair Parade was a huge success. THANK YOU to our parent volunteers who helped keep our dancers safe along the parade route. It was awesome to see so many smiling dancer's faces filling the streets. A special thank you to: Jennings Family for the truck to tow the trailer and sound system, Ron F for the use of the trailer and McAndrews Farm for the haybales. We couldn't do this without each of you!



**Little
Caesars**

We apologize for the delay; there was an issue with Little Caesars printer and getting the fundraising forms to MDA, but forms are **now available** in the lobby on the communication wall. Please be sure to pick them up.

The order deadline has been extended to **OCTOBER 19**; there are no late orders accepted. Pick up is November 5th

Forms and payment (cash/check) can be deposited safely into the lock box in the lobby.

As a reminder, as this is a full recital year, \$5.00 from each kit your dancer sells is applied directly to your DSP account to help offset the cost of costumes.

12 kits = 1 costume so SELL, SELL, SELL!!

This month we celebrate our dancers' special day – with twirls, spins, smiles and a big 'hooray!' Keep shining bright with every step you take, and after class, don't forget to enjoy some cake.

Wishing the following dancers a Happy October Birthday!



MOVEMENT WORKSHOPS

SATURDAY SEPTEMBER 26 & SATURDAY OCTOBER 3
2:00PM – 3:30PM

**CULTURE
DAYS**



Our final free movement workshop is happening on Saturday October 3rd.

Join Miss Lila for this all-ages event funded in part by The Minto Cultural Round Table.

Everyone to welcome!

Come get your heart rate pumping!

Pre-registration requested via EventBrite | Drop-ins welcome.
Clean socks or barefeet only | Be sure to bring water.

FREE
TO ATTEND



Thanksgiving is just around the corner, and we are thankful for each of you!!

Miss Lila **is** running regular classes on Saturday October 10
Miss Maya is running class on Monday October 12; however, classes will be 4:45 – 5:15pm.

Ms. Elizabeth **is not** running classes on Monday.

Ms. Emmaline **is** running classes; however, classes will start at 6:00pm, please refer to email for the class schedule.

Raising funds is easy with FlipGive, Factory Shoe & Mabels Labels

FLIP GIVE:

Join our team and MDA earns cash rewards when buying gift cards or shopping online at your favourite stores. With over 300 retailers participating there is something for everyone. Invite your family & friends from far & wide!

Team Code: 5QBNQD



FACTORY SHOE:

MDA earns \$5.00 per pair of shoes over \$35.00 purchased in store and on-line.

Great opportunity to stock up on shoes for the whole family.

Collect your fundraising envelope from the studio lobby. The fundraising cards never expire and can be used over and over again. If you need additional cards, speak to any member of the executive team.



MABELS LABELS:

MDA earns 20% back on every sale at www.mabelslabels.com

Great opportunity to stock up and label everything for dance & school.

From their website, under FUNDRAISING, search for “Minto Dance Academy” and start shopping!



We are thrilled to offer full-day PD Day Camps for the 2026/2027 dance season.

FIRST PD DAY CAMP IS MONDAY OCTOBER 26!

Camp is open to ages 5 – 12. Campers will spend the day engaging in indoor & outdoor play. Making crafts & memories with their friends, at their favourite place.

Camp is open to everyone; you do not need to be enrolled at MDA so, invite your friends!!

Only \$40.00 per day and includes healthy snacks. Campers are asked to pack a lunch and bring water.

Early drop off & late pick up available for an additional charge.

Registration is now open. You will need to register for each PD Day separately via Google Forms.

Please use the links below:

OCTOBER 26 - <https://forms.gle/YeGQPrqeX4hulQcm7>

NOVEMBER 27 - <https://forms.gle/yX9uvjZSb1yN8nwd8>

JANUARY 29 - <https://forms.gle/okbvfnTzC3EgDqLz5>

JUNE 4 - <https://forms.gle/5tiUnaMjqUJZufXc9>

JUNE 30 - <https://forms.gle/Rj4HDErowNmFHLWz5>



The executive team will meet on Monday October 26 at the Harriston Legion Games Room.

Meetings start at 7:30pm

This year we have a need for a treasurer and a secretary.

If you are interested in either of these roles, please speak to Lisa B or join us to learn more.

All parents are welcome! Learn more about MDA and help shape your dancer's favourite place!



HALLOWEEN DRESS-UP WEEK

All students are invited to wear their
Halloween costume to class

October 26 - October 31

Who will you be? A ghost? A witch? A princess? A ninja warrior?

Dancers are invited to wear their costume to class the week of October 26 – October 31.

Dancers must be able to remove their costume, as they may not be worn for the entire class.

Candy for ALL dancers!!!



Why do Ballerinas Wear Buns?

Please check out the attached information, that is good for all dancers, not just ballerina's, with tips and tricks for making a secure bun.

During our Christmas Showcase and year-end recital, dancer's will be wearing buns for all classes unless advised by their teacher otherwise.

Wow, there is still so much going on!

If you have any questions or concerns, please do not hesitate to contact the studio or speak to any member of the executive team.

Happy Dancing,
Lisa Booth



Why do Ballerinas Wear Buns?

A ballet bun is the traditional hairstyle worn by ballerinas. There are several functional reasons for wearing a ballet bun.

It helps with turns. Put your hair in a ponytail. Now try turning really fast. Notice how your hair smacks you right in the face or gets close to it? Yeah. While ponytails may be cute, wearing them while dancing causes dancers to wince or close their eyes when they spot or whip their head around. You can't turn without spotting your head, and trying to do it with your eyes closed is a legitimate safety hazard.

It helps with balance. A ballet bun helping with balance? Really? Yes. Wearing your hair in a ballet bun gives your body an extra sense of center which helps with pirouettes, tour jetes and more. This is why you should be extra careful to try and place your bun as centered as possible.

Uniformity. Part of what makes ballet so different from other dance forms is the discipline. Part of that comes from each dancer dressing in the same "uniform", and that includes having your hair in a ballet bun.

Prevents bad habits. If you have hair hanging or falling in your face, you may build a habit of brushing it out of the way during various steps and combinations. This can actually become muscle memory, and you may even continue that same motion even if your hair is pinned up while performing on stage!

It helps the teacher. A teacher's job is to make sure every dancer continues to improve her technique. If dancers have different hairstyles, it can actually get in the way and make it more difficult for teachers to catch problems with shoulders, elbows, or your head placement being incorrect. Having uniformity makes it easier to spot these corrections and prevent dancers from developing nasty habits and even preventing injuries from incorrect form.

Make the Perfect Ballet Bun Step-by-Step Guide

1. Brush your hair free of tangles. Get your hair as straight and even as possible. Make sure to brush it straight back as if you were putting it into a ponytail. Tip: A little water can help smooth your hair out and make it more manageable.
2. Pull your hair back into a ponytail and secure with an elastic. Tip: Make your ponytail around the crown of your head. The perfect height will allow you to see the top of the ponytail poking up if you look in the mirror.
3. Twist the ponytail into a tight rope and wrap the twisted ponytail in the same direction. The tighter the better, even though it may hurt a bit to get it prepared.
4. Securely fasten your wrapped ponytail with hair pins. Think of your bun as a clock face and place pins at 12 o'clock, 3 o'clock, 6 o'clock, and 9 o'clock. If the first half of your bun feels a little shaky, put more hair pins in to secure it.
5. For extra security, cover your bun with a hair net that matches your hair color. Typically, a brown hair net will work with any hair color.
6. Lightly spray your ballet bun with hairspray if there are any wisps or frizzy hair. This also helps secure the bun but is not always necessary.