



Why Dance? Dance Does More Than Bring Cultural Awareness and Movement!

The following study was conducted by Ms. Lori Hamar, as an Early Child Care Education Student of Camosun College, in May 2006. Dance teaches much more than just steps. It focuses on the **whole person** to:

- Strengthen the brain;
- Build social skills;
- Build emotional skills;
- Increase strength; and,
- Increase flexibility.

Dance allows one to be creative hence developing an enriched environment. This **means dance is multi-sensory because we hear, see, say and do** while we dance. When we learn we retain:

- 10% of what we read;
- 20% of what we hear;
- 30% of what we see;
- 50% of what we see and hear at the same time; and,
- **90% of what we hear, see, say and do.** (Eric Jensen)

An enriched environment creates brains with a thicker cortex, more dendrite branching, more growth spines and larger cell bodies, which leads to cells that communicate better. **Movement** is the key to learning! Our brains fully develop through movement activities such as creeping, crawling, rolling, turning, walking, skipping, reaching, swinging and much more! The brain has a plan for development that involves

specific and intensive **motor activities** to make full use of our complicated nervous system. The nervous system of each human being must go through a series of developmental stages before the brain can operate at its full potential. A baby or toddler uses their whole body and all of their senses to 'program' their motor/perceptual equipment and nerves and brain cells. This is called **neurological organization** and describes the evolution of the central nervous system between birth and 6-8 years. When preschoolers move through these same physical patterns, they are reorganizing their brains, which help to prepare them for learning and helps with appropriate behaviour and social skills. The following dance class activities stimulate development by:

Crawling – develops horizontal eye tracking

Creeping (on hands and knees) – develops vertical eye tracking

Cross lateral – creeping on hands and knees and skipping activate development of the corpus callosum (the nerve pathways between the right and left hemispheres of the cerebrum in the brain)

Repetition – causes the connections between brain cells (the synapses) to strengthen, become stable and build your brain. New Neural connections that have formed through exposure to a variety of music, movements, props, relationships and instruments are strengthened and remain intact through repetition.

Rocking (or swinging, rolling, swaying, turning and tipping) – stimulates the vestibular system. This system is needed for spatial awareness, balance and eye tracking.

Copying – learning other dancer’s movements teaches children to move in many different ways and have a variety of movement choices available to them. Copying also helps develop visual-spatial awareness necessary for recognizing letters and numbers.

Sensory Motor-Development – involves the use of sense organs and the coordination of muscles and body parts and is vital to language acquisition.

Props – helps to develop eye-hand and eye-foot coordination.

Relaxation/Realignment – help children feel the difference between tense and relaxed muscles and poor posture and correct alignment.

Bare Feet – we learn through the senses – our feet are very sensitive! It also strengthens muscles in the feet and allows our feet to grow naturally.

Partners, Trios, Groups – dancing with others develops important social skills. Talking about feelings while dancing develops emotional skills. We recognize and celebrate diversity, learning from each other and about ourselves.

2007 @ a glance!

- 👉 Junior team accepted as an exhibition team leading up to the **Vancouver International Bhangra Celebration in March.**
- 👉 **Greater Victoria Performing Arts Festival Grace of Movement Award – Giddha Team (ages 12-17)**
- 👉 **CHEK TV – Teen Talent Show**
- 👉 **Pride of Shan-e-Punjab annual Cultural Showcase celebrating Vasaikhi – sold out and a great success! Special guest- Ms. Punam Randhawa Miss 2007 Teen Victoria!**
- 👉 **Debi Maksoospuri Concert – Giddha by Junior Team at the Ridge Playhouse.**
- 👉 **Royal Theatre Gala Event – fundraising for Kiwanis Youth Shelter and Youth Development in Belo, Ethiopia!**
- 👉 **Dragon Boat Festival – Co-ed team (ages 7-11), and the 2 Panjian (sisters)!**
- 👉 **Inaugural Vancouver International NEXT Bhangra Competition for Junior Teams (ages 12-17); chosen as one of nine teams to compete!**
- 👉 **Shan-e-Punjab Celebrates 15 Years on the Big Screen! - Silver City Victoria**
- 👉 **Advanced Group – Senior’s as finale at the annual Diwali Show**



Junior Team as an Exhibition Team at the 2007 Vancouver International Bhangra Celebration! Amy Sundher, Preeti Kang, Meera Kashyap, Joyti Birk, Harjit Birk, Justine Johl-Randhawa, Angela Bamra, Raveena Toor, Halina Johl, and Krishna Kashyap (ages 12-17).



Shan-e-Punjab senior advanced team, with over ten years of experience and talent! Amandeep Vaid, Ayshia Ollson, Janessa Sundher, Amy Sundher, Aneeta Takhar, Lauren Labh, Harshdip Biring, Serena Rai, Keira Dheensaw, Preeti Kang, Kamal Vaid and Parmpreet Dhami (regrets) (ages 14-21).



Junior Team (ages 12-17) Giddha Team!



*Some participants of the Co-Ed Bhangra Team
Jasleen Dhatt, Manmeet Gill and Anmol
Gill(ages 7-11) at the Masti 2007Program.*



*Jasmine Lalari (ages 4-6) at the Pride of Shan-e-
PunjabCultural Showcase held on April 29, 2007
in a real Riksha – Yes, all the way from India!
Thank you to Ten Thousand Villages
(Broadmead).*

Self-Development Workshops

We sincerely thank, Ms. Karen Basi, whom
with Mrs. Amy Grewal-Khangura and
Ms. Ruby Rana for re-organizing these.
We look forward to the Power of Positive
Thinking in 2009.

Problem-Solving (ages 7-11)
Identify the Problem
Result of Actions
Anticipation
Recognition
Approach

**Power of Positive
Thinking
&
Communication**
(not yet implemented)

*Respect and Healthy
Relationships* (ages 4-6) -
What does respect mean?
Drawing
Music
Making things

OUR MOTTO

A ssert
S upport
S portsmanship
E ffort

Congratulations

to all the teachers and substitute-teachers in 2007!
The teachers included Ms. Janessa Sundher, Mrs. Amy Grewal-Khangura, Ms. Harparm Sra (coaching), Mr. Kushdev Gill and Ms. Amrita Dhindsa. Thanks to the substitute teachers Ms. Lauren Labh, Ms. Aneeta Takhar, and Ms. Keira Dheensaw. In 2008 we would like to add Ms. Amy Sundher and Ms. Preeti Kang. In 2009 we like to welcome back Mrs. Amy Grewal-Khangura and welcome to both Ms. Raveena Moor and Ms. Angela Bamra.

Sponsorship is like no other than Island Video! We thank Mr. Jagir Danowa our dear "uncle" for his time and efforts in creating lasting memories. More so, working patiently as we create our music – we could not do it without him. In return, the video's he creates of our Pride of Shan-e-Punjab Cultural Showcases we wish for parents to purchase the original as a token of our appreciation and his professional work!

My Cultural Activity Book

We have found a fun way for any student to learn about their culture. It can be used for those rainy days, long trips and/or simply for your own education and information. This book can be adapted to any culture. We are hoping for it to be ready in January 2009.

Victoria May Day Parade 2009

We have forwarded our registration to the Victoria Parade Society, now we need to strike up a **committee** to put this all together. The more planning, the more hands, the more help a better outcome for everyone! The only way we can make a float is with sponsorship, so we need a committee focused on this aspect!

2008 was a very successful year and each year seems to be getting better and better! The annual newsletter will be available at the end of 2008 and/or early 2009.

Power of Positive Thinking Workshop as we were unable to get to this during our workshops in 2006/07. We will be working with the University of Victoria to host a workshop for all ages in 2008/09.

Adult Classes will be held on Sunday's (preferable) and/or Friday evenings, exact time to be determined. Registration is also on Monday September 1 2008 from 3:00pm-5:00pm at Victoria Dance Connections, suite 110-2750 Quadra Street.

Registration is on Monday September 1 2008 from 3:00pm-5:00pm at Victoria Dance Connections, suite 110 – 2750 Quadra Street. Please logon to www.shan-e-punjab.ca to obtain information and download forms. All payments are due to VDC on September 2 2008 or there is a 20 percent charge on overdue balances. If you can not make it on this day, then please email and/or mail your application(s) and fees beforehand, thank you.

Thank you to all the parents, we TRULY appreciate your support and great words of wisdom!