

Family Dance Night & PTA General Association Meeting



Friday, September 12, 2014 from 6 to 8 p.m. under the Gazebo

Time to put on your dancing shoes... No one likes to dance more than kids and they don't need a special occasion or a fancy dress - just some tunes and their own two feet. As adults, we unfortunately don't dance enough! Why don't we? The benefits of dancing go far beyond making a wedding more fun. See below for some motivators and ideas for incorporating dance into your family's routine and helping you and your kids develop healthy habits!

Physical Fitness: Obesity is a huge problem in this country, even in children. Children learn from our example, so when you get up and move, you may inspire your kids to lead a less sedentary lifestyle. Need a cardiovascular workout? Dancing can get your blood flowing and can also increase your flexibility.

Stress Reduction: Exercise can help increase serotonin levels, so the aerobic exercise we get from dancing can lead to a happier family. Enjoy a 20-minute dance party with kids as a great transition from the work/school day to family time for the evening. Start the evening by having fun and being silly!

Emotional Development: Is it easier for you to "shake your groove thang" when just dancing alone or with just your kids? By dancing freely with your kids, you may be helping them to develop a sense of comfort in their own skin and just enjoy being themselves.

Creative Expression: Whether free-styling or trying a specific dance step, there are no rights or wrongs! With dance, you have the freedom to move any way the music takes you. You can pretend to be a different character or use props. Maybe you do your best dancing while mowing the lawn or cooking dinner. Sometimes dance can also be a way to act out different emotions. Encourage your child to develop their own signature moves or show them some hot moves from a different decade. Charleston, mashed potato, disco, moonwalk or electric slide anyone?

Improved Memory: Do you remember making up dance routines in a friend's basement or on the school playground as a kid? Dancing can also help us as we age. Studies have linked dancing regularly to better memory in older adults.

Enhanced Motor Skills: As you sway, shake, and twist about, dancing can also help you and your child develop balance, stability, body control and better posture.

The last and most important reason to get grooving?

FUN!!! It's so easy to get sucked into how busy we are and forget to have fun with our kids. Dedicating a time to have a dance party is a great way to bond and feel connected.

Please let us know if you can join us for a night of fun music and dance here at Murdock!

Name: _____

Yes, my family of # _____ will be attending.

Please include our order for _____ slices of pizza at \$3 per slice (Payment attached). Water and popcorn will also be sold.

Forms and payment should be returned to your child's teacher or to the front office by **Tuesday, September 9.**