



## Dance & Theatre Background

On today's issue I would like to talk about Sir Richard Alston CBE (born on 30th October 1948). Alston is a British Choreographer who has been a resident artistic director and choreographer for the Ballet Rambert and currently is the artistic choreographer at The Place in London. He has created over 140 choreographic works in a career stretching over 40 years, some of his most popular works include "Soda Lake", "Dutiful Ducks" and "Pulcinella". Alston was Chair of Youth Dance England from 2009 until March 2016 when he became U.Dance Champion and is a Trustee of the Dance Professionals Fund, and he was knighted in the 2019 New York Honours list. Fun fact: Megan and myself have both met Sir Richard Alston CBE a few years ago while studying dance A-Level.

## Channel STUDIO today

- Level One Modern: Part 2 "Move Your Feet"
- Level Two Modern: Part 2 "Reach"

- Level Three Modern: Part 2 "Faith"
- Sammy's Forwards Roll Tutorial
- Ballet Bun Tutorial

Today's videos were filmed prior to the PM's announcement 23.03.20 - THE STUDIO are following all government guidelines.

"Alexa,  
play: You're My Best Friend by  
Queen" (please)

## Healthy Thinking

Something really important for people of all ages, especially as dancers is maintaining a healthy balanced diet. To maintain a well-balanced diet we need to eat foods from all the 5 main food groups: fruits and vegetables, carbohydrates, protein, dairy and oils and spreads, however some groups are needed in higher proportions than others. You can reference the "Eat-well plate" to know the healthy balance between the food groups.

Humans also need a certain amount of calories, vitamins, minerals and nutrients to help maintain a healthy body weight, provide energy, allow better sleep, and improve brain function.

Take a look at this website for a more colourful insight.

<https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/>



## This Weeks Comp!

This photo was taken some many many years ago during Miss Emilie's professional training at BIRD COLLEGE - LONDON. She has been enormously fortunate to work with some our countries most established and wonderfully inspiring teachers during her journey. This scene is pre performance for a choreographed piece to "Austin Powers" by 'Sue Brice': Higher level examiner and choreographer for the Imperial Society of Teachers of Dancing and Modern Faculty at BIRD COLLEGE. So...Which one is Miss E aged 17? There are also identical twins in the shot, can you spot those too? Answers to [office@thestudiodorset.com](mailto:office@thestudiodorset.com) / FB / WhatsApp / 077 077 8585824

