



SOAR Newsletter

Tuesday, January 19, 2010



Information for Parents

- **Students should come prepared to participate EVERY DAY- comfortable shoes and jackets are recommended.**
- **Don't forget: Return emergency forms**
- **No School Friday, January 22nd**

The first week of SOAR was jam-packed with fun and exciting programs. Students got a chance to learn everything from a choreographed hip-hop dance routine to how to make slime! Poetry and Yoga rounded out the week to add some calm to the excitement.

The students got a chance to explore their creative side on the first day of the program using the "Who Am I" poem. Those who voluntarily recited their poem received a round of finger snaps from the audience, a show of respect commonly seen in poetry houses.

Famed story teller Louise Kessler was the first visitor of the week bringing games and her own slimy secret. After the students got a chance to create their own goop, Louise dimmed the lights to tell a spooky tale.

There was plenty of time for SOAR members to get their "groove" on with Dana Preshous, hip-hop dance instructor from The Groove Factory. The students learned choreography set to upbeat music and also discovered body awareness and rhythms.

After a group discussion of the difference between hobbies and skills, the students had a good idea of what marketable skills they possessed and how things they love to do for fun can also be lucrative careers.

Ashley Smithson of Santi Yoga studio in Southern Pines introduced the students to the benefits of Yoga, including reducing stress, increasing flexibility, and improving overall health. Students learned basic poses and technique.

A three day weekend shortened the next SOAR week by one day, but there are plenty of things in store.



Jazmine, Dominique and Kayla wait for directions from Ashley Smithson, the Yoga Instructor.

SOAR Staff

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The mission of Communities In Schools of Moore County is to champion the connection of needed community resources with schools and other sites to help young people successfully learn, stay in school, and prepare for life.