
Heart Thoughts

SEPTEMBER 2011

VOL. 17, NO. 1

From Miss Jennifer...



On behalf of ART from the HEART and our great staff, I want to welcome each of you to our 2011-2012 season! I know it seems like the summer was too short and you find yourself wondering how it slipped by so quickly. But it has and we now find ourselves back in the swing of life in full throttle.

I want to take time as this season begins to tell you how grateful we are for each of you. We do not take your involvement at AFTH for granted. We know that there are many choices of dance studios out there, and we count it an honor that you have chosen to spend time with us. We are certain that you will quickly see that we are not only one of the best studios in Central Florida, but also provide a great atmosphere for both student and parent alike.

I recently came across a unique writing from Joyce Meyer that caused me to think about how I view myself. It is so important that we have a love for the unique person God created us to be. But more importantly, we must love ourselves first in order to show love to those around us, like our children, our friends, etc.

I encourage each of you to strive to fall in love with the you that God has created so that your life might be all that it can be. In the process, we will be examples of love to our next generation of doctors, lawyers, senators or pastors—our children. Read it and be encouraged.

How To Succeed at Being Yourself by Joyce Meyer



It's tough to enjoy life when you don't like yourself. People who haven't learned to accept and get along with themselves tend to have more difficulty accepting and getting along with others. Yet, the Bible repeatedly tells us to "love your neighbor as yourself." I personally spent years having a hard time getting along with people, until I finally realized through the Word of God how my difficulty with other people was actually "rooted" in my difficulties with myself.

The Bible says a good tree will bear good fruit, and a rotten tree will bear rotten fruit. Likewise, the "fruit" of our lives comes from the "root" within us. If you're rooted in shame, guilt, inferiority, rejection, lack of love and acceptance, etc., the fruit of your relationships will suffer. However, once you have a revelation of God's unconditional love for you and begin to accept yourself and others, eventually these new roots will produce good fruit, and your relationships will thrive.

Here are a few tips I believe will help you succeed at being yourself.

1. Never say or think negative things about yourself, such as, "I never do anything right." "I'll never change." "I'm ugly." "I look terrible." "I'm dumb." "Who could ever love me?" Matthew 12:37 says, ...by your words you will be justified..., and by your words you will be condemned.... Proverbs 23:7 says, ...as [a man] thinketh in his heart, so is he. (KJV). In other words, the way we talk and think about ourselves reveals how we feel about ourselves.

2. Speak good things about yourself (as private confessions) in line with what the Word says about you. For example: "I am the righteousness of God in Christ." "I am made acceptable in the Beloved." "God created me and formed me with His own hands, and God doesn't make mistakes." I like starting the day making good confessions. Perhaps you can do this while you're driving to work or cleaning house. I also encourage you to look in the mirror and say out loud, "God loves and accepts you, and so do I." You may even try hugging yourself. This is beneficial to people who have lacked love and acceptance in their lives.

3. Never compare yourself with other people. God must love variety or He wouldn't have created us all differently—even down to our fingerprints. You'll never succeed at being yourself if you're trying to be like someone else. Other people can be a good example to you, but duplicating even their good traits will manifest differently through your individual personality.

4. Focus on your potential instead of your limitations. Actress Helen Hayes was told early in her career that if she were four inches taller she'd be the greatest actress of her time. Her coaches tried various methods of stretching her, but nothing increased her height. She refused to concentrate on the supposed limitation of being five feet tall and decided to concentrate on her potential. As a result, she was eventually cast as Mary, Queen of Scotland—one of the tallest queens who ever lived.

5. Find something you like to do that you do well, and do it over and over. If you spend your time doing things you're not good at, it'll frustrate you and cause you to feel defeated and unsuccessful.

6. Have the courage to be different and deal with criticism. Be a God-pleaser, not a man-pleaser (see Galatians 1:10). If you dare to be different, you'll have to expect some criticism. Going along with the crowd—when you know in your heart God's leading you a different way—is one reason people don't succeed at being themselves. You won't like yourself very much if you go against your own convictions.

7. Don't let the way another person treats you determine your worth.

8. Keep your flaws in perspective. People with a high level of confidence have just as many weaknesses as people without confidence, but they concentrate on their strengths—not their flaws or weaknesses.

In conclusion, let me remind you of my opening statement: It's tough to enjoy life when you don't like yourself. When you learn to succeed at being yourself, you'll be well on your way to enjoying life more fully.



September Birthdays

Sierra Rollings • Jessica Wilson
Arianna Goodman • Bethany Mayhew
Georgia Wagner • Kristin Marsh
Ava Lynne Miller • Ruthie Adams
Lauren Shutts • Abigail McKinney

DO WE HAVE YOUR EMAIL ADDRESS?

AFTH strives to provide you with as much information and advance notice as possible. We are known for our attention to detail and our communication with our families.

The great majority of our communication will be via email and through our web site, so please be sure that we have your current email address. When you register, we place your email address in our “email blast” list so you will automatically receive newsletters, reminders and updates.

BELLA'S BOUTIQUE

AFTH prefers that all retail orders are placed via our online store, BELLA'S BOUTIQUE. Here you can create an account that will make ordering easy and convenient. You are even notified when your order is on its way to you. You can find a link to BELLA'S BOUTIQUE on our web site at: www.afthdance.com.

All retail orders are shipped to you once the AFTH office has received your order and payment. We typically place orders once a week. Once ordered, retail is generally shipped to AFTH and on its way to you in about 7 to 10 days.

TUITION REMINDER

The dance season has been divided into equal monthly payments as an affordable option for paying your tuition. As such, your monthly tuition is due in full in order to fulfill your financial obligation to AFTH. Tuition is based on a full dance term and is divided into equal monthly payments for your convenience. This includes the months of December and May.

ALL TUITION IS PAYABLE IN ADVANCE AND IS DUE BY THE FIRST CLASS OF EACH MONTH. If paying by auto credit card or PayPal, your tuition will automatically be processed on approximately the 24th of the preceding month. **If a tuition payment is not received by the first class of the month, a \$15 LATE FEE IS INCURRED.** All unpaid late fees will be added to your costume balance at the end of the season. There are no refunds for registration fees, missed lessons, costume payments, recital tickets and some retail cannot be returned.

AFTH accepts checks and major credit cards. Credit card forms can be found in the studio lobby. Online payments are also available via our website at www.afthdance.com.

CLASS SIZE POLICY

AFTH requires a minimum of six (6) students in a class for it to remain on the schedule. Be advised that all classes will be evaluated at the end of September and classes lacking students will be given alternative options for a new class.

You will be contacted either by your teacher or the Art from the Heart Office should there be a need to adjust your class. AFTH works hard to make sure that no classes will be cancelled, and tries to fill classes with low enrollment!

AFTH Closed for Labor Day!

AFTH Studio and offices will be closed
Monday, September 5, 2011
for Labor Day.

Regular class schedules resume
Tuesday, September 6, 2011.

Enjoy the day with family & friends.
Eat much, laugh more and love lots!

Important Information!

Recital Costume Deposit(s)

Costume deposits are due with your September tuition. A \$40 per student / per class recital costume deposit is due September 1, 2011 (or on your first class of this month). AFTH requires this deposit as we will be ordering recital costumes in September in order for them to be created, processed and shipped to us in time for our April picture week and May recital. There are only 5-6 major costume companies, and all of the thousands of dance studios across the country are making their orders with this handful of dance costume companies. This is the reason orders need to be placed early. A \$15 late fee (per student, per month it is late) will be applied to your account. In addition, you run the risk of being left off of our costume order and the distinct possibility of not being able to participate in our Recital.

Measurements

AFTH teachers will be taking updated measurements of all students during September in preparation for ordering recital costumes.

Over the past 20 years, we have perfected a system that allows for possible growth (in younger students) that may take place between September and the recital in May. Please be sure to have your dancers at all their September classes. Each teacher will be taking time to take measurements during class. There is not a specified day that this will occur, so be sure to be at all your classes. The office will be able to see if we have missed any dancer's measurements when we load them into the database for ordering and will be sure to notify that teacher if measurements are still needed.

SWITCHING CLASSES!

As of September 2011, we will begin ordering costumes for our recital in May! Because of this, we ask that there be no further class changes unless specifically advised by the AFTH office or your teacher. We appreciate your cooperation!

Retail Exchanges

If you have retail or uniform items that need to be exchanged please do the following:

1. Bring unworn retail items in their packaging to the AFTH studio main lobby. There you will find a Retail Exchange Bin. Place the items to be exchanged in the bin, along with a Uniform Exchange Form indicating why they are being exchanged and what you need ordered to replace them.
2. AFTH collects these items on a daily basis and brings them to our office for processing.
3. Once the new retail items are in, you will receive an email notification advising you of this.
4. Your retail items can then be picked up in the white cabinet located in the main studio lobby. Each package will have a name on it so that you are sure to receive your specific items.
5. Please be advised the exchange process takes between 7-14 days.

Christmas Performance Venues

Each year AFTH takes the opportunity to bring our dancers to local children's / nursing homes to help spread the message of the season to people who are many times forgotten. This is a wonderful outreach opportunity for our dancers to utilize their gifts.

Through the years AFTH has developed a wonderful relationship with many of the area nursing homes and children's homes. However, we are always open to new places / opportunities. If you know of a wonderful facility that might be blessed by our visit at Christmastime, please call our office at: 407-612-6565, or email us at afth@cfl.rr.com, with the information. We will try to include them.

AFTH Friendship Pass

Redeemable for one (1) free dance class at ART from the HEART. You can download a Friendship Pass online at www.afthdance.com.

Call the AFTH office at 407-612-6565 to determine which class would be an appropriate level, then simply attend that class and enjoy.

If you decide that you would like to register as a student at ART from the HEART, call the office and request a registration brochure, or register online at our website: www.afthdance.com.

HELP KEEP THE STUDIO CLEAN & FRESH

AFTH has taken time and money to spruce up the studio. We ask that each of you help keep the studio clean and running efficiently by...

- Picking up any trash
- Keeping young children from driving trucks and cars into the wall and base boards
- Picking up after yourselves
- Putting chairs back when finished
- Treating the studio like a friend's home

AFTH has some wonderful people who clean on a regular basis, but we need each of you to do your part to keep the studio looking great!

— AFTH STAFF —

Jennifer Kroger, Noelle Romanacce, Alexandra Kroger,
Bonnie Bryant, Tabatha Britton, Nicole Finley,
Amanda Gracey, Sammy Andrade

— AFTH OFFICE HOURS —

Monday-Friday: 10:00 a.m.-4:00 p.m.

Phone: 407-612-6565

Email: afth@cfl.rr.com

Website: www.afthdance.com

As we are in and out of the office all day, we recommend you either email us or leave a voice message if you are unable to reach us. This will allow us to return your call more quickly!

* A LOOK AHEAD *

SEPTEMBER 2011

- Recital Costume Deposit(s) due September 1st
\$40 per student / per class
- Studio Closed for **Labor Day**
Monday, September 5th

OCTOBER 2011

- Begin working on Christmas Dances

NOVEMBER 2011

- Studio Closed for **Thanksgiving**
November 24th-25th

DECEMBER 2011

- Various Christmas performances
December 1st-18th
Look for a schedule coming soon!
- Studio Closed for Christmas & New Year's
December 10, 2011 - January 2, 2012

JANUARY 2012

- Studio Re-opens Monday, January 2, 2012
- Recital costume balances due January 2, 2012
(*Statements will be mailed in December 2011.*)
- Student Evaluation Week - January 23-27, 2012

FEBRUARY 2012

- Begin Recital dances

MARCH 2012

- AFTH picture week (**Date TBD**)

APRIL 2012

- Studio Closed April 6-7, 2012 for
Good Friday & Easter
- Recital fee due April 1st / \$10 per student

MAY 2012

- Last day of regular classes - May 10, 2012
- **Recital Dress Rehearsal**
(**Tentatively May 11th—Location TBD**)
Call times will be mailed to you in April 2012

- **AFTH Recital**
(**Tentatively May 12th—Location TBD**)

1:00pm and 5:00pm performances
Cast list—which show(s) you are in—call times & details will be mailed to you in April 2012.

**Dates & Information are subject to change.
If such changes occur, we will do our best
to inform you of those changes.*