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Grade 8

Have you really ever taken a minute to actually think about how important dance is? According to Harvard Medical School, dance actually helps relieve stress, and it's being used to help treat Parkinson's disease and people with a progressive neurological movement disorder. The SPAC dance residency program that we used to do in the fall, and now we do in the spring, is really important to us because it's directly impacting us and sometimes we get really stressed and it helps us calm down.

When I was new to SIS, I didn't really know what SPAC dance residency was, because at my old school, we had dance clubs and stuff like that, but we never did anything really fun during the school day. So when we started, it was really weird for me because I was used to only doing work at school, but then it got more fun as we kept going. When we started learning the pieces of the dance, I was catching on to the dance fast but it felt really weird to be missing a whole class just to dance. When we had finished the six weeks of SPAC dance residency, it was time to perform. The staff were really nice and it felt really awesome because they were really helpful when we had questions or didn't know what to do. We stayed the whole day, and we got pizza. At first, I was really nervous because it was my first time dancing in school, but it was really fun, especially when we got to come back at night. It felt really cool to be on the stage while our parents were watching. It felt really nice to finally show us what we've been working on for so long.

I learned to be open-minded when it comes to trying new things because I judged the SPAC program before it even started, and I learned that it was actually really fun, and I shouldn't have judged it before I tried it. It made me feel kind of weird and out of place because I didn't know what was going on, and I was confused about it because I had only ever done school inside of school, not anything else, like dance or music.

I'm really grateful for the SPAC dance program because it helped me learn to be more open minded and also it gave me a break in the middle of the day to just have fun, and I think I really needed it. I've done a lot of new things and tried them, some bad experiences and some good, but most of them were fun. When I look back now, I kind of regret thinking that it was going to be awkward and scary because it really wasn't, and it was really fun. I feel excited when I think about this year's SPAC because it's always really fun to guess what we're going to do. I get kinda sad though. I'm not going to be here next year to actually dance in it because I'm leaving, so that's the part that stinks.

I feel a lot better about it now, because I know that SPAC is actually fun and it's exciting to think about what's going to happen this year. I ended up really liking SPAC in 5th grade, and I actually read one of the little cards of information on stage before we danced. I shouldn't have judged it before I actually danced in it. But since I did that, I'm able to write about it and take the lesson that I learned and apply it to new things that are happening now.