

# Weekly Update from O'Shea Irish Dance Administrator

Friday, April 3, 2020

## Important Dates - Mark Your Calendars

- **This weekend's - ENTERTAINMENT:**
  - **OID with Ireland's Famous entertainer Daniel O'Donnell at Celtic Junction!**  
Click [here](#) when you're ready to watch!
- **\*May 9 - OID Spring Recitals ONLINE!\***

## First Week of Online Classes - That Was Fun!

It was so great to see everyone in our online classes this week. There were a few hiccups but those were minor. Dancers were engaged and, as Natalie described it, "The kids got pink-faced and sweaty!" Great job, everyone! If you're having any trouble connecting to class, please let us know. Monday is coming around soon!

## Last Delivery for Stage Sections on Saturday 4/4.

Need stage sections for Zoom class and practice? **Text Cormac at 612-703-2147 TONIGHT!**

## Special Messages from your teachers...

We LOVED our classes this week. What a joy!! The kids were incredibly attentive, hard working and made our hearts swell with happiness. We realize how deeply versatile and adaptable they are - they just got right to it. We vow to try to be more like them and to practice that daily - which encapsulates exactly why we love teaching.

The "[Family Guide to Zoom classes](#)" contains most of the details we had thought of before classes started online (i.e. make sure they have water bottles near their screen, so we can take water breaks together). There are a few additional thoughts we have jotted down, which I want to share:

- 1. Kids - you can bring a plushie to be your "audience":** It is a great way to help children bond and sign off together at the end of the class. Then they will have a physical representation in your home of our time as a group, and someone (not you) to practice in front of!
- 2. Irish Music gets under your skin and makes you move - How to find it at home:** The next few days will be rainy, time out of doors is already limited by our current circumstances, so putting on some Irish music and dancing freely and for fun is a great release/ vector for pent-up energy. They can free-style jam out to Gaelstorm or We Banjo Three, but will find it hard to do their reel and jig dances to that, as it is very much about speed (beats per minute). If you do not have one of our dance/feis cds already, you can download "The Feis App", which features the world's best dance musicians (including Cormac). It is free for Beginners music, and has a small fee for advanced music. [www.feistheapp.com](http://www.feistheapp.com)
- 3. Exercise Sequence & Practice Charts:** We will be introducing at least one exercise video for the weekend, for use by ALL dancers (and their families!). Use as much as you like! We will start some practice charts next week. It is not to give them homework, but to help set goals. There is no penalization for not doing it, but there may be rewards for those who do. :)
- 4. Pop in for makeups - extra classes:** If our classes are a welcome escape and the kids would like more time together, Sarah and I can both handle more kids more often. They can come both days if

they wish. Intermediate and up dancers should check in with Cormac before joining a class - we will give you every opportunity to keep moving.

**5. Send videos for coaching!** We will reply with notes! ...Email or text is fine.

[Cormac@osheairishdance.com](mailto:Cormac@osheairishdance.com) or 612-703-2147; [natalie@osheairishdance.com](mailto:natalie@osheairishdance.com) or 612-703-2167  
[sarah@osheairishdance.com](mailto:sarah@osheairishdance.com).

**6. Check-in for extra ZOOM coaching!** Cormac and I, with our three teens, are teaching/dancing together four nights a week out of our basement & living room. We are "in for a penny, in for a pound" as they say. Natalie has time on Tuesdays 5-8 to meet up with Primary dancers if they want a little extra help (or to talk with someone who is not a family member!) Cormac is also available for help - just email or text.

**7. SHARE THE NEWS!** We have been surprised by new registrations as we have transferred online - there are kids & parents out there who don't have access to programs and activities in this new reality, so they are out seeking programs like the ones we host at the Junction.

Please share [O'Shea Irish Dance](#) with other parents & groups. As a matter of fact, [Celtic Junction Arts Center](#) education classes are all online. [Center for Irish Music](#) is fully online (with FREE parent-child classes launching soon on Saturdays).

I have also started a Children's Storytime for the Eoin McKiernan Library (see the first one [HERE](#)), posting between 12-1 daily. We are even getting ready to host our first online [CJAC FACEBOOK CONCERT](#) this Saturday with Norah Rendell and Brian Miller, from the Center for Irish Music!

We would consider a Family Four-hand class (let [Natalie](#) know if you are interested).

Thank you so much for being a part of our dance school, and for sharing your children with us. Stay safe!

## **Norah Rendell and Brian Miller Livestream Saturday, April 4**

Join singer and flute player Norah Rendell and her guitar-playing husband Brian Miller for an intimate online concert broadcast from their home!

Streaming Live April 4 at 7:30 pm on the CJAC Facebook Page:  
<https://www.facebook.com/CelticJunction/>

Free will donations accepted electronically during the performance.



## **Latest Guidance on COVID-19**

Governor Walz will deliver his State of the State address on Sunday evening. It is expected that he'll further clarify activities that will be permitted as we continue through the #StayHomeMN order. We're watching and will update as we learn more. As of today, the stay-home order still extends just through April 10. It's unclear at this point whether students will return to schools before the end of the school year. State info can be found [here](#) and the City of Saint Paul's info is [here](#).

**LOOK FOR YOUR NEXT WEEKLY UPDATE ON FRIDAY, APRIL 10, 2020**