

# 'Music on the Menu'

Hello schools, parents and carers

Welcome to our sixth edition of **Music on the Menu**. We hope you are enjoying exploring our ideas. Here are some more ideas for how to include and enjoy high quality music experiences with your children/young people each day. Once again, these ideas are suitable for primary school, secondary school and home settings, so please do pass the information on to your parents and carers.



## LISTENING

Why not start the day by listening to beautiful music?  
Here is a piece of classical music that will help to calm and focus the mind.

**Adagio**  
**from Piano Concerto No. 1 in D Minor**

(Composer – Johannes Brahms)

<https://www.youtube.com/watch?v=sxZ0yATM0Oc>



## SINGING/ COMPOSITION

For a great selection of pulse & rhythm and pitch & singing activities, please visit <http://www.westsussexmusic.co.uk>.

- Click on Staff Zone
- Click on School Zone
- Username: Schools
- Password: SchoolsAccess1
- Go to 'Pulse and Rhythm' folder
- Go to 'Pitch and Singing' folder



Over the past few weeks, Sing Up has been working hard to listen to you and create resources to help you and your school communities through this difficult time. **Sing Up at Home** has now been launched and it's freely accessible at <https://www.singup.org/singupathome/> so you can add the link to your VLE's and school websites. The resource includes a song of the week, playlists for fun, relaxing, getting moving, empowering and inspiring and ... songs to use for virtual choirs.

### West Sussex Wiggle Jiggle Virtual Choir

The current song of the week is Wiggle Jiggle, written by Emily Barden. Join Emily learning her great new song using the teaching video on the Sing up Home School website; learn the song, make up a funky dance, have a go at the body percussion and wake your body up with this energising, catchy song!

<https://www.singup.org/singupathome/wiggle-jiggle>

We would like to invite you to be part of the West Sussex Wiggle Jiggle Virtual Choir by filming your children's performance and sending the video (Quicktime or mp4) to [alison.sutton@westsussexmusic.co.uk](mailto:alison.sutton@westsussexmusic.co.uk)

Please note that the final choir video recording will be shared on West Sussex Music's website and social networking sites (Facebook and Twitter) and also the SingUp website.

Please confirm permissions when submitting your recordings. If you prefer, you are welcome to send audio files which you may wish to accompany with your school logo.

### Friday Afternoons



**Friday Afternoons** is about encouraging young people to sing. Newly composed songs and support materials aim to help teachers develop their students' skills – as performers, listeners and composers. The high-quality vocal music is written for a variety of abilities from primary right through to youth choirs and secondary schools and includes signed videos and Braille scores. All resources are available on the website for FREE.

To register, please visit <https://www.fridayafternoonsmusic.co.uk/>

## ONLINE CHORAL SINGING



### *Virtual Choir 6: Sing Gently*

**May our singing be music for others  
and may it keep others aloft.  
May we sing as one.**

**Eric Whitacre** continues the virtual choir journey with a new piece, **Sing Gently**, which he has written especially for these challenging times. To join him and thousands of others to make beautiful music together, please visit <https://virtualchoir6.com/>.



## LISTENING AND APPRAISING

You'll find a wide range of music to listen to on our website in Schools Zone/Listening.

As well as this, how about dipping into **BBC Ten Pieces**?

**Ten Pieces** aims to open up the world of classical music to 7-14 year olds across the UK and inspire them to develop their own creative responses to the music.



A new resource, **BBC Ten Pieces at home** provides weekly activities for primary schools, home educators and parents to share with their students. Each includes a Ten Pieces film to watch and enjoy and a linked creative activity that can be completed by children at home without any special materials or preparation.

This week: Tell a story with your very own body percussion music by visiting <https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home/zjy3382>.

Join presenter Lucy Drever and members of the BBC Scottish Symphony Orchestra as they guide you in building your very own minimalist piece of music. Get creative with body percussion and storytelling, using Steve Reich's Music for 18 Musicians as inspiration.



A collection of 100 classical music recordings, together with learning activities and background information on each piece, is being offered free of charge to families during the coronavirus crisis.

Comprising music from Decca Classics' catalogue, Classical 100 was originally devised as a free primary school resource, developed by exam board ABRSM in partnership with Classic FM. The Classical 100 pieces can be sorted according to mood, instrument, tempo and historical period and are designed to support learning at Key Stages 1 & 2 of the National Curriculum. To explore this resources, please visit <https://musiceducation.global/classical-100-available-free-until-september-2020/>



Royal Opera House will be releasing a series of home learning activities each week throughout the Summer term. Although many schools are continuing to offer a full curriculum digitally, there are many schools and parents who are looking for creative activities suitable for the home learning environment.

Each Friday another 6 learning activities will be added to the free to access [Create and Learn platform](#), and check the ROH social channels to see opera and ballet celebrities spreading the word, and taking part. You can [watch Darcey Bussell](#) announcing the series here.

Take a look at [this e-flyer](#) for more information.

## CLASSICAL MUSIC, OPERA AND MUSICALS TO STREAM AT HOME

With concert halls and opera houses closed due to coronavirus, organisations and musicians across the world are live-streaming concerts from their homes, or from empty halls, and opening up their digital archives so that everyone can still access their music. To select a concert to enjoy, please visit:

<https://www.theguardian.com/music/2020/mar/23/opera-and-classical-your-home-watching-guide-critics-picks>



Andrew Lloyd Webber, one of the most lauded musicals composers ever, is bringing his musicals to the home. A new YouTube channel has been launched, **The Shows Must Go On!**, which will allow fans to watch a new musical every week. To find out more, please follow this link:

<https://www.ents24.com/online-events/online-streaming-events/the-shows-must-go-on/6057592>



Changing lives through music