



Music on the Menu

Hello West Sussex schools,

Welcome to our eighth and final edition of Music on the Menu 2021.

As everyone prepares for the reopening of schools on 8 March, please remember that we are here to support you in any way we can, so don't hesitate to contact us at judith.finlay@westsussexmusic.co.uk if you would like to discuss any aspect of music education in your setting.

Our next **Primary TeachMeet** will take place at 3.45 pm on Wednesday 10 March 2021. Please follow the link below to join us:

<https://us02web.zoom.us/j/8233356169?pwd=SWFiTW0wUjNjMkIrVHN2QWdacVREZz09>

(Resources from the TeachMeet on Tuesday 23 February will be forwarded to you when they are made available to us.)

Best wishes,



www.westsussexmusic.co.uk

Changing lives through music

Listening:



Why not start the day by listening to beautiful music?

Drop, Drop, Slow Tears

(Kenneth Leighton)

https://www.youtube.com/watch?v=PTxG8oQB_pY

Inspirational Performance:



The King's Singers took part in a collaborative music video celebrating UN Zero Discrimination Day, put together by Mixed Up Chorus, Sing for Freedom Choir and Soundabout, three of their Finding Harmony Ambassador groups.

<https://www.facebook.com/kingsingers/videos/9932668086860>

Resources:



Although Monday morning Start the Day Singing sessions are now finished, you can still join Emily Barden for her Youtube Singing Sessions!

Emily has filmed twelve 30 minute singing sessions for Key Stage 1 and Key Stage 2 children, all available for free on Portsmouth Music Hub's Youtube Channel. Follow the link below to find out more.

<https://www.youtube.com/playlist?list=PL7tA0WOBYMFgWS2DUyVNDXUvTpEVJJyaq>



University of Warwick Music Centre is producing Wellbeing Wednesday sessions. Get your voice singing, your body moving and your brain buzzing with this fun song!

<https://www.facebook.com/222198714506900/videos/466750304367800>

And to catch up on previous sessions click on the following link:

<https://warwick.ac.uk/services/musiccentre/wellbeing>



Sing Up's Recovery Curriculum resources help schools address the key themes and losses caused by the pandemic: routine, structure, friendship, opportunity, and freedom.

They have organised the resources into five themes and you can 'pick and mix' and adapt them to suit the young people you teach. Read more about the recovery curriculum resources in their blog (link below).

<https://www.singup.org/blog/article/1440-looking-forward-to-spring-singing-and-songs-for-recovery>



Ten Pieces Musical Menu

The Ten Pieces Musical Menu this week is all about animals! But don't worry – no magical, musical creatures were hurt in the making of this resource.

As with all of these menus, the activities can be used alone or together and are made to be delivered at home or in the classroom – no preparation or specialist equipment needed.

https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-musical-menu/zmypxbk?dm_t=0,0,0,0,0

Birmingham Contemporary Music Group



Birmingham Contemporary Music Group is one of the world's foremost new music ensembles. Over three decades, BCMG has developed the music of today for the audiences of tomorrow. Since then, BCMG has reached over 10 million people in concert and through broadcasts.

To find out about their series of online videos, blogs and resources that keep new music alive during these times, please visit

<https://www.bcmg.org.uk/Listing/Category/bcmg-at-home>.



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