

# 'Music on the Menu'

Hello schools, parents and carers,

Welcome to our ninth edition of **Music on the Menu**. We've selected our favourites from the **free** resources available for primary and secondary school aged pupils – as always, please do pass the information on to your parents and carers for use at home.

## West Sussex Wiggle Jiggle Virtual Choir

We would like to invite you to be part of the West Sussex Wiggle Jiggle Virtual Choir. Join Emily Barden learning her great new song, Wiggle Jiggle, 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>

To participate in the project simply film your children's performance and send 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.

**Deadline for submissions Friday 29<sup>th</sup> May.**

## LISTENING



Here is a song written to spread mental health awareness during the COVID lockdown. The song is performed by soprano Laura Wright and the choir of Royal Holloway.

### **Can You Hear Me?**

*(Composer – Thomas Hewitt Jones)*

<https://www.youtube.com/watch?v=VSyzRn2Jmuo>



## SINGING/ COMPOSITION



Don't forget to visit Sing Up at <https://www.singup.org/singupathome/> to find a variety of songs and musical activities for children of all ages.

# Collins

**NEW** Free children's song bank!

Collins are offering free access to over 400 songs from the *Music Express* series. Find out more here:

<https://collins.co.uk/pages/support-learning-at-home-free-childrens-song-bank>



## LISTENING AND APPRAISING

You'll find a wide range of music to listen to on our website in Schools Zone/Listening. To find out how our West Sussex Music staff and pupils are coming together to make music during lockdown, please visit our Facebook page at <https://www.facebook.com/WestSussexMusic/>.



**Lockdown Live** is new series of live digital content especially for the period of the Coronavirus lockdown and includes concerts and performance guides given by London Sinfonietta Principal Players, as well as composition challenges aimed at young people.

To find out more, please visit <https://londonsinfonietta.org.uk/whats-on/lockdown-live>



This week: Things are getting dramatic!

Become a mythical warrior and practice your acting skills with a drama workshop inspired by *Ride of the Valkyries* from Wilhelm Richard Wagner's opera *Die Walküre*.

<https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home/zjy3382>



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.

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.

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.



**Royal Albert Hall**

They're adding regular updates :

discover a beautifully designed e-book which introduces the instruments themselves.

**Meet the Orchestra with Albert's Band** – for younger musicians, the Royal Albert Hall has a wonderful library of videos introducing different sections of an orchestra, what instruments play in them, and how they can work to play together.

<https://www.royalalberthall.com/about-the-hall/news/2020/april/meet-the-orchestra-with-alberts-band/>



**Team Tutti** is a self-guided learning experience using animated characters to deliver fun and engaging lesson content whilst promoting a deep dive into composition and technology.

A series of weekly modules deliver a combination of musical concepts, creative challenges to encourage the implementation of new skills and an interactive quiz to assess learning. To find out more about this resource, please visit

<https://teamtutti.org/>

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

### ENSEMBLE REZA



Locally based **Ensemble Reza** is live streaming concerts every Tuesday at midday.

To subscribe and also catch up on all their previous concerts please visit Ensemble Reza's YouTube page at [https://www.youtube.com/channel/UCp-fenf137J\\_J4rCM620tqw](https://www.youtube.com/channel/UCp-fenf137J_J4rCM620tqw).

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>

### West Sussex Music resources

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

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# ONLINE MUSIC RESOURCES FOR SEND CHILDREN

(compiled by Berkshire Music Hub)

- BBC Bitesize lessons: [KS1](#) selection of short music sessions. KS2 short bites: [Hello Song](#), [La La La Song](#), [Shake Shake Shake](#), [The conductor of the orchestra](#), [Woodwind](#), [Brass](#), [Strings](#), [Soul Bossa Nova](#), [Thank You Very Much song](#), [William Tell Overture](#), [Dance of the Sugar Plum Fairy](#), [Dr Who Theme tune](#). And [KS3](#) music sessions covering a range of musical styles.
- [Big Top Musical Adventures](#): With a passion for creative music making, and enthusiasm for music and its accessibility Big Top devise workshops which are inclusive, educational and fun for everyone! They have themed musical adventures which you can join in with from home.
- [Drake Music Scotland](#): Scotland's leading organisation creating music making opportunities for children and adults with disabilities. They have lots of lovely music videos you can join in with at home.
- Little Amber Trust – a charity that specialise in offering musical opportunities for babies and young children who are blind or partially sighted. They have [48 music activity cards](#) and a whole range of [songs](#) to promote language development and also general development.
- [Music House for Children](#): Music videos for SEND children of nursery and primary age. Plus they have live paid sessions which you can sign up for but are free for SEND children. Visit their main website and click on 'Events and Workshops' for more info: <https://www.musichouseforchildren.com>
- Nordoff Robbins [On Stage at Home](#): Through these fun, short songs, using objects from around the home, Nordoff Robbins music therapists and the Clangers show young children that you don't need instruments to make music.
- Nordoff Robbins [Singalong at Home](#): Whether you're singing solo or you've got the family band together, singalong to your favourite tunes with one of our music therapists. All you need is a computer or phone and to be prepared to clap, move and sing your heart out.
- [Singing Hands](#): has a wealth of Makaton signed songs organised in searchable topics e.g. nursery rhymes, wild animals, colours, pop songs etc.
- [Sing Up Makaton songs](#): Signed songs suitable for younger children.
- [Sing Up signed songs](#): A broad selection of songs all of which are signed.
- [Soundabout Inclusive Choir](#): You may want to join the choir or simply listen to some of their songs.
- [Soundabout daily hello songs](#): You can watch all the previous videos or join them live at 2pm on Tuesdays and Saturdays on the [Soundabout Facebook](#) page.
- [Soundabout live sessions](#): Fun music sessions for people of all ages with PMLD and SLD. You can watch all the previous videos or join them live at 2pm every Tuesday and Saturday on the [Soundabout Facebook](#) page.
- SoundSpark [Listen Up Lewisham!](#) – A relaxed harp concert for SEND children.



Changing lives through music