



# Music Department Activities

## Week commencing 5<sup>th</sup> February 2024

	Lunch 1.10pm-1.55pm	After School 3.05 p.m. – 4.15 p.m.	Music Tuition today
Monday	Sing with 7s – NME R18	STAFF MEETING	Piano Guitar String
Tuesday	Brass ensemble – NSW R18	KS3 Rock Band – LBS R17	Brass Piano
Wednesday	Music Theory – NME R18	PARENTS EVENING	Woodwind
Thursday	Sing – year 7s also welcome– NME R18  Percussion Ensemble – LBS R17		Drum Kit Voice
Friday	AM TUTOR – STRINGS R18  GCSE Music Support NME R18		Piano Strings

### Music of the Week

## 'Shake it out' by Florence and the Machine



### 6 Benefits of Music for your mental health

1. It improves focus. Music with a tempo of 60bpm increases the brain's ability to process information
2. It lifts your mood. Playing uplifting songs stimulates the brain to increase feel-good hormones
3. As a form of self expression. It's an excellent non-verbal way of expressing complex emotions
4. Boosts your confidence
5. To relax. Piano, string and nature sounds in particular are very effective in helping you relax
6. To express negative emotion. Listening to music can be therapeutic when we're dealing with stress and anger.