

'Music on the Menu'

Hello schools, parents and carers

Welcome to our eighth 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 Project

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

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 29th May



LISTENING

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

Peace Piece

Written and performed by Bill Evans

<https://www.dailymotion.com/video/x24lcuw>

Bill Evans is one of the greatest jazz pianists to have ever lived, renowned for his innovative, almost impressionistic harmonies and the evocative beauty of his pieces. 'Peace Piece' comes from his celebrated 1958 album *Everybody Digs Bill Evans* and has an almost meditative quality to it, due to the repeated figure in the left hand. Whilst some discordant harmonies occur in his improvised right-hand solos, the piece constantly echoes peaceful artistry that is both calming and relaxing.



SINGING/ COMPOSITION

Friday Afternoons



Friday Afternoons is about encouraging all young people to sing. The high-quality vocal music is written for a variety of abilities and includes signed videos and Braille scores. All resources are available on the website for FREE...

<https://www.fridayafternoonsmusic.co.uk/>

Why not have a look at **Three Birds** by *Jonathan Dove*, a fun song that takes you through all the months of the year!

Click [here](#) to see Friday Afternoons Ambassadors sharing their Top 10 Tips for delivering a successful digital singing session.



<https://www.singup.org/singupathome/>

Younger children, why not join in with Sing Up's Song of the Week – *It's Getting Too Hot for Monkeys*.

<https://www.singup.org/singupathome/song-of-the-week/?emparalink>

Older students might like to look at *Let Love Shine Through*. This is an inspirational and upbeat song, with flexible vocal parts, about diversity and individuality – celebrating what makes you, you and me, me

<https://www.singup.org/singupathome/empowering-inspiring>

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

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>

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?**



This week: Learn to sing the beautiful melody from *Jean Sibelius's* epic piece **Finlandia**. Members of the BBC Singers will teach you the tune line by line and then sing with you in a virtual choir performance. You can hear the BBC Singers performing on Radio 3's Afternoon Concert every day this week!

<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

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.

They're adding regular updates so keep checking back! Meet the Orchestra and discover a beautifully designed e-book which introduces the instruments themselves.

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

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.

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>



Changing lives through music