

# 'Music on the Menu'

Hello schools, parents and carers

Welcome to our fifth edition of **Music on the Menu**. We hope you are enjoying exploring our ideas. 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.

### **Lux Aurumque**

(Composer – Eric Whitacre)

<https://www.youtube.com/watch?v=0j2JRcC6wBs>

Eric Whitacre launched his first ever virtual choir in 2009 with Lux Aurumque. 243 videos, 185 singers from 12 countries. To watch this wonderful project, please visit <https://ericwhitacre.com/the-virtual-choir/history/vc1-luxaurumque>

Whitacre's most recent virtual choir project included 8,000 singers from 120 countries. You will find ideas about how to get involved in a virtual choir included in the information below. Why not give it a try?



## 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

## Here! Our Song

To celebrate the Horsham District Year of Culture 2019, primary schools from the Horsham district worked with local singer songwriter, **Emily Barden**, to compose songs about the wonders of Horsham and its surrounding area. These songs will feature in a songbook which will be available in print to participating schools, but also online to all West Sussex schools via our website. As the official launch has been delayed, we thought it would be great to share one of these songs with you now! This uplifting song, written by Emily, is very fitting for the situation we currently find ourselves in and is called '**Time Well Spent**'. Resources for this great song are attached to the e-mail accompanying this newsletter.

Please feel free to make this song available to your teachers and pupils via your school's online learning/home schooling platforms. **We'd love to hear you singing a snippet of the song - tweet us at @westsussexmusic, tag @westsussexmusic on Facebook or send your video clips to [music@westsussexmusic.co.uk](mailto:music@westsussexmusic.co.uk).**

## 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/>



The project contains two songs: '*We Are The Change*' and '*With This Hope In My Heart*.' We are sure young people will really enjoy learning these uplifting songs from home.

To find out more and register to be part of the project, please visit <https://voicesaround.com/register-to-join-our-new-project>.

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!

## ONLINE CHORAL SINGING

### 1) The Great British Home Chorus

British choirmaster, composer and TV presenter, **Gareth Malone**, has launched an 'at home' digital choir to boost the nation's morale during coronavirus self-isolation.

'The Great British Home Chorus', has been designed to bring together both amateur and professional performers around the UK by encouraging them to sing with others online at no cost.

To find out more and sign up, visit <https://decca.com/greatbritishhomechorus/>

### 2) Self-Isolation Choir – The Messiah At Home (in association with ChoraLine)

This choir has been formed by choral singers, for choral singers, to allow those who would normally be attending rehearsals and concerts to continue to sing! The Messiah has been chosen in conjunction with ChoraLine because at Easter time, this is the most performed work across the UK and the rest of the world.

You will enjoy weekly live rehearsals for an hour with the Choral Director on a YouTube Channel and be part of the Choir as you sing the entire work in concert on Sunday 31st May, supported by an orchestra and soloists recorded from home especially for this occasion. Once you have joined the Choir, you will be sent detailed joining instructions by email.

To join Self-Isolation Choir, please visit <https://www.theselfisolationchoir.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.

Free teaching resources for Ten Pieces I, II and III are all available, including new resources for Key Stage 1.

You can work with as many pieces as you like, and as Ten Pieces is a flexible project, you can use the resources to fit in with your own timetable of learning.

Suggestion: Take a look at **Hans Zimmer's 'Earth'**

<https://www.bbc.co.uk/teach/ten-pieces/classical-music-hans-zimmer-earth/zh4k382>

Today most people first hear orchestral music in the cinema or online – and perhaps more than any other composer, trailblazer Hans Zimmer has helped to shape the sound of today's film, TV and games music.

Using driving rhythms, hypnotic chord patterns and electronic samples he has created unique and powerful soundtracks that have influenced a whole generation of musicians.

Hans composed 'Earth' especially for Ten Pieces and is his personal celebration of the planet we live on.

### New, this week ...



A brand 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. A perfect, simple and easy way to keep listening, enjoying and creating music at this time. To find out more, please visit <https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home/zjy3382>.

## 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>

## LET'S GET ACTIVE!

**Ollie Tunmer (Beat Goes On)** is running daily body percussion sessions at 11 am. To find out more and catch up with his sessions, please visit:

[https://www.youtube.com/user/OllieTunmer?fbclid=IwAR1rYsh\\_AuZ8-i72UdeS7B1NncukhxMnBg56vDSqF2ZbFgv9XfkrR4avfzg](https://www.youtube.com/user/OllieTunmer?fbclid=IwAR1rYsh_AuZ8-i72UdeS7B1NncukhxMnBg56vDSqF2ZbFgv9XfkrR4avfzg)



Changing lives through music