



NOVEMBER NEWSLETTER

Making a case for creative expression...

It is no secret to my students that my life is steeped in music! I'm always excited when students ask me about the guitars and keyboards they see behind me during our virtual sessions. I love their curiosity, especially because as an educator of both Verbal and Musical Arts, I have been lucky enough to find many opportunities to intertwine the two.

Music is a key component of our earliest learning as it's a natural tool for developing speech, listening, and motor skills. From lullabies to the (occasionally harsh) soundtracks to our teen angst, it's also **a natural release and stress reliever.**

As the director of the long-running workshop "Creative Lyric & Songwriting," I had the joy of watching my students find and hone their creative voices. **Having an open-ended medium to express themselves seemed to unlock a great deal of emotional depth, as well as a playfulness in writing and capacity for wit** I hadn't before seen in our regular tutoring sessions. I watched as students bravely practiced a new skill and discovered ways to relate their experiences **eloquently and beautifully.**

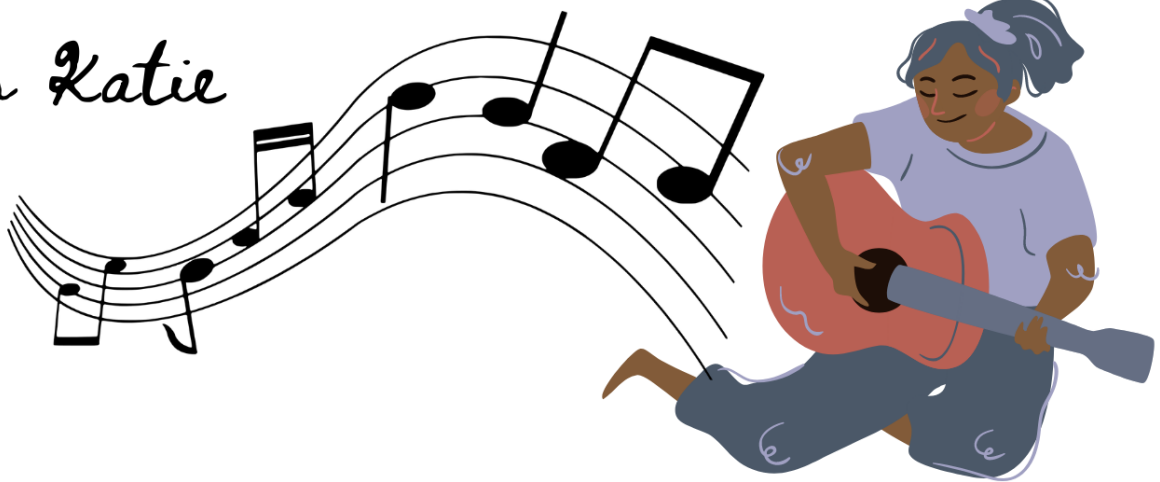
I was also continuously stunned by how well music seemed to bridge the gaps between us at a time when so many of us were feeling stuck in remote learning. My students were eager to swap their favorite songs and give one another encouraging, constructive feedback on their writing. **I believe this is because music is something that can so easily bypass what other mediums cannot: our perceived differences in relating to the world.**

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Whether it be by sharing creative endeavors, practicing an instrument, or simply connecting via your favorite songs, **music continuously shows up as a valuable component in living a healthy, satisfying life.**

Creativity and healthy expression is an important part of relating to one another and building our confidence. There are so many reasons to engage with music education... and the boosted academic performance doesn't hurt, either ;)

Miss Katie



Suggested texts further reading:

- *Music & the Young Mind* by Maureen Harris
- *Music, Language, and the Brain* by Aniruddh Patel
- *This Is Your Brain On Music* by Daniel Levitin
- *Your Brain on Music: The Cognitive Benefits of Music Education* by Laura L. Saunders, M.A. Ed

beyond the classroom



Music Education as a Soundtrack for Success

In addition to boosting creativity and the ability to regulate emotions, music education has been proven to come with a slew of academic benefits. Multiple studies have shown that learning an instrument increases brain power and functionality. One study of 3,000 students by the German Institute for Economic Research found that **the positive academic impacts of music training were more than twice that of other extracurricular activities, regardless of socioeconomic backgrounds!**



MeritMusic.org notes that "Children and teens who study music perform better in school: They get higher grades, have improved literacy, and are 24% more likely to graduate. **In fact, students highly engaged in music are, on average, academically over 1 year ahead of their peers.**"

Making music is also **beneficial to your body**. As a natural stress reliever, music is good for developing healthy blood pressure and heart rates. Playing an instrument engages core muscles, and singing strengthens breath control and lung capacity.