

MUSIC IN THE MORNING

One of the most practical tips to come out of the recent headteachers' conference at Eastwood Park was Andy Hind's suggestion that we should create rituals during the day to help reduce stress for the children. One of his key points was that playing a piece of music, maybe chosen by the children, at certain times of the day would help to aid the transition from 'outside' to 'inside', both in a literal and figurative sense.

He pinpointed the beginning of the day, when children come in from break times and the time when children are getting ready to go home, as trigger points for children who may be stressed. Playing the same piece of music at these times will create a 'signature tune' for the class, which will enable children to settle quickly.

We have taken on board this suggestion at the Tynings, but Helen Weeks in Year 4 has gone one step further, and as the music is playing and the children settle, one child draws on the interactive whiteboard, providing a visual focus for the children as well as a musical one. This has had a massive impact on the ability of the class to settle and is a good example of 'creating the state' for learning.



Don Sibley
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A lovely Summer activity for Foundation Stage (Music Express). Under the heading of Our Senses, there is a section linked to the theme of the SEASIDE focusing on the musical element of timbre.

[Click on the picture to hear seaside sounds](#)



The picture in the gallery is **interactive** and intended to be used by the children themselves.

Hover over the different scenes and hear the sounds of the sea-side!