

A background image of a musical score with several staves of music. The notes and clefs are visible but slightly blurred, creating a sense of depth. The text 'ASFS Instrumental Music' is overlaid in the center in a bold, black, sans-serif font.

ASFS Instrumental Music

Congratulations & Thank you!!

- **Your child is about to embark on the journey of a lifetime**
- **Thank you for supporting them on this journey!!!**

- **Instrument Try-It Night (date to be determined)**
 - **Parent, Family, and Student will:**
 - Understand how students produce a sound and how each instrument operates
 - Learn more about the Instrumental Music Program (requirements, commitments, and responsibilities offered to all 4th and 5th grade students)

Benefits

Not only are students connected musically, physically, emotionally, and cognitively, but children are learning how to coordinate and manage their mind, body, and this sense of responsible behavior.

Students learn to plan, schedule, and create independence!

To see a child grow in learning an instrument, subject, or passion they love is one of the most rewarding experiences!

MUSIC & THE BRAIN



Healing Powers
Listening to music can decrease anxiety, speed healing, increase optimism and decrease pain.

Incredible Memory for Sounds
Alzheimer's patients can recall and sing songs long after they've stopped recognizing names and faces. There is growing evidence that listening to music can help stimulate memory but memories and even help restore some cognitive function.

Creativity Boost
Music boosts creative energies through the production of alpha and theta waves. Large infusions of alpha waves induce states of enhanced creativity while theta waves are associated with dreaming, learning and relaxing.

The key for boosting creative energies is to listen to the type of music you enjoy the most. If you want more inspiration in language and mathematics it would make sense to listen to music with singing, while music without words stimulates more artistic and visual senses.

Music Taps Into Primal Fear
There are certain sounds that humans automatically associate with death because they tap into our evolutionary fear of the screams of other animals (and other humans beings). Scientists have dubbed these "discordant noises", any noise that makes you feel very unpleasant falls into this category.

We know if we lack other living things making those discordant noises that we have to react because something bad is going to happen. Movie directors know this and make good use of it when deciding on the score for a film!

Babies Know Happy From Sad Songs
Babies as young as 5 months can distinguish on upbeat tunes, such as "Ode to Joy" from Beethoven's Ninth Symphony, from a lineup of gloomy tunes.

The Mozart Effect
It's been thought that listening to classical music, particularly Mozart, enhances performance on cognitive tests. However, recent findings show that listening to any music that is personally enjoyable has positive effects on cognition.

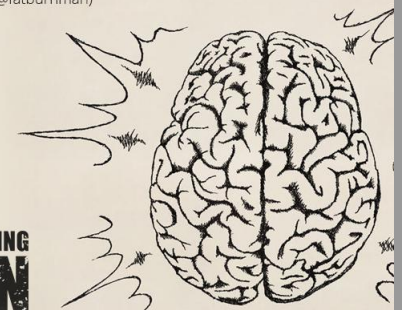
Listening to music can make you **smarter** because the power to enhance some kinds of higher brain function, such as reading and literacy skills, spatial-temporal reasoning, emotional intelligence and mathematical abilities - even children with attention deficit/hyperactivity disorder benefit from listening to music beforehand.

"Sound is a nutrient for the nervous system. Love your ears... they are much more important than you ever realized!"
Prof. Dr. Alfred Tomatis

DeJocor.com

Music is a whole brain workout.

- Abel James (@fatburnman)



**FAT-BURNING
MAN**
FatBurningMan.com

Weekly Details

- Band and Orchestra meet for once a week, 50 minutes
- Students will have an additional instrument sectional time once a week, 30 minutes
- Students will be responsible for any classroom instruction missed during instrumental music time (sectional time).

Homework/Practice



- **Students are asked to practice their instruments 100 minutes a week**
 - **Averages to 20 minutes/day, 5 days a week or more**
 - **Best accomplished when is built into students routine consistently (before dinner, after soccer, etc.)**
 - **Students will show greater results with 20 minutes consistently, rather than 40-60 minutes occasionally**
 - **Students are not expected to practice more than 60 minutes at a time!**



Instrumental Music Commitment!! & Expectations

- **We ask that all students commit to their instruments for a FULL SCHOOL YEAR.**
- **Similar to a child learning to read, and learning another language**
- **We see students 80 minutes a week, by the end of the year this is only 45 hours of classroom instruction time (about 7 school days)**

Band Instruments To Choose From:

Flute



Clarinet



Alto Saxophone



Tenor Saxophone*

Oboe*

Trumpet



French Horn



Trombone



Baritone

Percussion



Orchestral/String Instruments To Choose From:

Violin



Viola



Cello



Double Bass*



Instrument assignments & due dates (subject to change)

- Students will have the opportunity to make a sound on 3 total instruments at the Instrument Try-It Night (TBD). Students will be given a “recommended” instrument choice by a music teacher.
- Students that are not able to attend the Try-It Night will attempt 3 total instruments during their regular music class. Students will be given a “recommended” instrument choice.
- Parents will then need to officially register their child for instrumental music on the ASFS Music website (google form) or via paper form (date pending).
- **Parents/students will then need to rent assigned instrument/supplies by 2nd week of school in September.**

Instrument Rentals from store (Preferred!!)

Rental Companies:

- Foxes Music, Falls Church
 - (http://www.foxesmusic.com/retailer/store_templates/shell_id_1.asp?storeID=EVBEGV9KSCJT8GFJ02Q9BB6DMDV64VB0)
- Music & Arts, Alexandria
 - <https://stores.musicarts.com/alexandria?source=LGOA5LKB&source=LGOA5LKB>
 - Average Price: ~\$20-35 a month
- *BIG LINES FIRST WEEK OF SCHOOL* -45 minute WAIT
- Instruments you already own
- (*NO AMAZON, WALMART, TARGET INSTRUMENTS ALLOWED*)

ASFS Rental (few available)

- Rental from ASFS:
 - Preference given to free & reduced lunch families FIRST
 - \$25/year Free Lunch, -\$50/year Reduced Lunch, -\$100/year All Others
- Flutes, Clarinets, 4 Saxophones, Trumpets, Trombones, Baritones, 4 Percussion Kits
- Violins, Violas, 6 Cellos, 4 Double Bass

Additional Supplies

***Specific Instrument lists will be provided once instruments are assigned**

Suggested purchases for all members:

- **Method book (\$9-15) (provided but later recollected)**
- **Metronome (\$8+) or phone app**
 - https://www.amazon.com/Korg-TM50BK-Instrument-Tuner-Metronome/dp/B00923H7MA/ref=sr_1_4?s=musical-instruments&ie=UTF8&qid=1501182480&sr=1-4&keywords=metronome
- **Wire music stand (\$10+)**
 - https://www.amazon.com/ChromaCast-CC-MSTAND-Folding-Music-Stand/dp/B00KMF11BA/ref=zg_bs_11965921_1?_encoding=UTF8&pvc=1&refRID=0W5R7WRA1VSWD2P1MHBP
- **Mirror (\$15)**

Private Lessons

- **FANTASTIC INVESTMENT!!!**
- **Varies greatly upon person**
 - around \$30/half hour, or \$45 for a full hour.

Ms. Taylor and Ms. Shine would be happy to share a list of private teachers in the area!

Please email us for more information:

mary.taylor@apsva.us michelle.shine@apsva.us

Questions/Comments

FAQ's

How to reach Ms. Michelle Shine (michelle.shine@apsva.us)

How to reach Ms. Liz Taylor (mary.taylor@apsva.us)

Let's stay connected! Check out the ASFS website, and Twitter page for more info!

https://twitter.com/ASFS_Music

<https://asfs.apsva.us/>