

WELCOME to our new Newsletter for JUNE

To all our students, parents and carers,

I hope you and your families are all keeping well. The last few months have been a very challenging time for all of us. Despite the difficulties we are facing, YTA and YN would like to share some of the positive events that have been taking place which we will share with you in our newly launched monthly newsletter.



Check out ...

WHAT'S BEEN HAPPENING?



'Song for the World'

This month saw the release of our first charity single. 'Song for the World' was written by our very talented Young Notes student, 'Nerissa-Maye Northcott' and highlights the importance of coming together and taking care of our planet.

Well done to all the YTA and YN singers who took part in the song recording and the music video.

A big shout out to our soloists:

Precious Otiora, Aoife Jackson, Theo Christofi, Darcey Farnes, Abigail Harrington and Kayann Tuitt.

'Song for the World' is available to download on all major music platforms and the video can be found on both our YN and YTA YouTube channels.

All proceeds from the single will go to Nerissa-Mayes's chosen charity: 'Bye Bye Plastic Bags', an environmental charity set up and run by young people. Please help by donating and sharing the single with friends and family.

BIRTHDAY'S FOR NEXT MONTH ...



03/07 – Evie Whitbread & Keira Roskams
07/07 – Maria Clara Bennett
08/07 – Sydnie Elliott
12/07 – Robyn Williams
17/07 – Ryan Lawrence Myers
23/07 – Daniela Ursache & Inaaya Ahmed
28/07 – Jackson Rigby
30/07 – Ayani Lingibe Ajavon
31/07 – Mylah Frederick



Sent in by you ...

We continued with our themed online classes and thank you to everyone that sent in their videos and pictures.

Check out our Young Notes '90's themed week', fancy dress prize winners:

- 1st Place : Eloise Geraghty as Britney Spears;
- 2nd Place: Jasmine Thompson as Cher from Clueless
- 3rd Place: Freya Greenyer as Baby Spice.



The Benefits of Performing Arts

The last few months have had a significant impact upon all of us and the performing arts sector has been particularly hard hit due to the pandemic.

In light of this, we wanted to reiterate the importance of the arts sector as a contributor to the health and wellbeing of young people.

A performing arts education has a host of benefits. Some of these include the following:

Confidence and Self Esteem

Confidence and self esteem enable young people to face challenges in everyday life and unfamiliar situations. Studies have shown that a performing arts education is proven to enhance both confidence and feelings of self worth. Interacting with other like minded young people in a performing arts setting, is also a great way to form new friendships and also overcome shyness.

In addition, overcoming and taking on a new challenge, such as performing on stage, enables young people to feel a great sense of pride and achievement.

Focus and Concentration

Learning a new dance routine, song or script requires skills that focus the mind, body and voice. These skills are developed through practise and performance and increased focus and concentration are needed in order to achieve the results we desire. At YTA and YN, young people are encouraged to listen to each other's ideas and thoughts, enabling them to recognise the value of concentration – a skill they will use for life.



Language and Communication

Drama improves all forms of communication - verbal and non verbal. Our classes encourage young people to explore vocal projection, articulation, tone of speech and expression as well as communication through the use of facial expression and body language. Listening and observation skills are also improved through performing arts.

Singing helps to develop children's language and communication skills whilst exercising lip and tongue movement which helps with speech development as well as broadening their vocabulary. Young children learn rapidly through the use of music, song and rhyme as the process of singing helps to embed the information in a child's mind. For instance, many young children may learn the letters of the alphabet through the use of song.



YTA & YOUNG NOTES NEWSLETTER

Team Work and Friendship

Performing arts lessons require group cooperation and students work together effectively in order to achieve a common goal. Group singing brings people together and is great for bonding - studies have shown that people who sing in groups are more connected to one another than those participating in other classes. Performing arts classes give students the opportunity to create strong bonds with one another - laughing, learning and growing together each week.



Empathy and Emotional Intelligence

Through drama and role play, students are able to develop an understanding of characters and roles, allowing them to relate to different situations, backgrounds and cultures. Students are encouraged to empathise with the character they are playing which develops their emotional understanding.

The arts install compassion and tolerance for others - both important life skills to have. Students interact with others of different ages, cultures, beliefs and backgrounds, allowing them to explore differing thoughts and opinions.



Physical and Mental Health

The physical act of dance has many health benefits, such as improved flexibility, fitness, coordination, balance, and control. Many children spend long periods of time sat down which is why dance is such a great form of exercise, allowing them to keep fit as well as burn off excess energy whilst also stimulating their creativity and releasing endorphins. Acting and singing are also great for our health; as well as increasing confidence, performing arts make you happy and it's fun!

Singing also has physical benefits; the deep breathing used when singing helps to exercise the lungs, strengthen the diaphragm and improves circulation. Improved posture is also another benefit, as standing straight is part of good singing technique which will eventually become routine. Studies have also shown that performing arts can also boost the immune system and help with sleep.

Creativity and Imagination

The performing arts allow us to be creative, which is vital to society. People who can express themselves creatively, enable the world to move forward. It is through creativity and self expression that young people begin to develop their own identity and the performing arts are a vital tool in supporting this. When young people are encouraged to express themselves freely, they are able to explore their strengths and individuality.

End of Term

Online classes will finish on the following dates:

Young Notes: Monday 13th July

YTA: Saturday 18th July

Please note: We do not yet have a definite date for our return in September. We are awaiting further guidance and will let you know as soon as we have a confirmed date. Due to the pandemic and as a gesture of goodwill, this year we have cancelled any payment normally due for August.