

To the Parents:

3rd May 2016

Hughenden Primary School
Spring Valley Road
Hughenden
Bucks. HP14 4LR

Dear Parents

Re: Nurture Groups - Therapy In Music

I would like to take this opportunity to introduce myself to you. My name is Suzanne Poulter and I am an experienced musician and teacher and my primary instrument is the flute. I am also an affiliated teacher with both Chiltern Music Academy in High Wycombe and Thame Music Academy, a member of the Musician's Union and a volunteer supporting the work of Chiltern Music Therapy based in Chesham.

I am passionate about the benefits that music brings to everyone, young and old, and I am a firm believer that music enriches a child's development. I have been invited to come and work with the children at Hughenden Primary School. In collaboration with Mrs Leighton and her team of staff, I am piloting a scheme called 'Therapy in Music'. This work will be facilitated by myself, working with all year groups either as one-to-one sessions or in small groups. These sessions will create a supportive environment whereby each child has the opportunity for self-expression through improvisation. We will explore stories, poems, and music from around the world using percussion instruments and voice.

It is well documented that by studying music we also learn life skills which are transferrable. For instance, rhythm training emphasizes proportions, patterns, fractions and ratios which are expressed as mathematical relations. Music strengthens a person's perseverance and self-esteem - both qualities that are essential in having a successful career. Participation in music boasts improved expressive and receptive language skills, auditory skills and processing, increased socialisation using parallel and co-operative play, and develops memory and concentration. Furthermore, group participation in music activities can assist in the development of leadership skills. And let's not overlook that music is a way to relieve stress. The Ancient Greek Philosopher and teacher Plato said it best: "Music gives a soul to the universe, wings to the mind, flight to imagination, and life to everything."

If you would like to find out more about me please have a look at my website www.flutefun.co.uk. If anybody would like their child to receive private tuition with me on the flute or recorder - available to Years 3, 4, 5 and 6 - then please contact me directly. If you have any queries regarding the Therapy in Music sessions, please feel free to drop by the office and speak to a member of staff.

Yours faithfully

