

MUSIC IN OUR SCHOOLS MONTH

Did you know that learning music has many awesome benefits? March is “Music In Our Schools” month. Each day on morning announcements, we learned a new fact about the benefits of music education. You can read them below!

🎵 Day 1: Many scientific studies prove that learning to read music also improves your reading and verbal skills. There are strong links between pitch processing and language processing. Every time you read notes on a music staff, you are also training your brain to improve your reading skills.

🎵 Day 2: Music is deeply mathematical in nature. Math is used to determine intervals between pitches and the subdivision of rhythm. Students who receive high-quality music training tend to score higher in math.

🎵 Day 3: A 2007 study found that elementary schools with superior music education programs scored around 22% higher in English and 20% higher in math scores on standardized tests compared to schools with low-quality music programs. Students who participate in extracurricular music also tend to score higher than those who choose other extra-curricular activities, such as sports.

🎵 Day 4: Even though music is primarily an emotional art form, music training improves your academic IQ as well as your emotional IQ. Numerous studies have found that musicians generally boast higher IQs than non-musicians.

🎵 Day 5: Children who start studying music early in life learn languages more quickly. They develop more complex vocabularies, a better understanding of grammar, and have higher verbal IQs. If you have a younger sibling at home, sing to them every day!

🎵 Day 6: Musical training makes you a better listener. Adults who continue to play a musical instrument will avoid or delay hearing loss as they age.

🎵 Day 7: Music will slow the effects of aging. Even if musicians stop playing their instruments as they age, they perform better on memory and rapid mental processing tests than others who never played an instrument. The study found that musicians had to play at least 10 years to enjoy these effects. So, join band in middle school or begin private music lessons now!

🎵 Day 8: Playing a musical instrument requires high levels of finger dexterity and accuracy. Children who begin learning an instrument before age 7 perform far better on non-musical movement tasks.

🎵 Day 9: Playing music improves your short-term memory. Reading music increases your processing speed and reasoning abilities. These abilities spread to all non-musical realms helping you remember more content from speeches, lectures, and other soundtracks.

🎵 Day 10: Learning to read music can improve your long-term VISUAL memory. Musicians who have been playing more than 15 years score higher on memory tests involving pictures.

🎵 Day 11: After analyzing brain scans of musicians ages 6 through 18, researchers found tremendous thickening of the cortex of the brain which is responsible for anxiety management and emotional control. So, music can improve your mental health and emotional well-being.

🎵 Day 12: Several studies have shown how music can enhance children's self-confidence and self-esteem. High levels of self-esteem can help children grow and develop in a vast number of academic and non-academic realms.

🎵 Day 13: Music training enhances creativity, particularly when the musical activity itself is creative (for instance, improvisation). The next time you improvise on the xylophones, remember that you will be exercising the region of your brain associated with creativity!

🎵 Day 14: The left side of your brain controls the mathematical or analytical thinking. The right side of your brain controls your creative thinking or daydreaming. Music is one of the few activities which engages both sides of the brain at the same time. Because of this, studies show musicians perform far better on divergent thinking tests, which measure your ability to generate creative ideas by exploring many possible solutions. These skills can be useful in many areas of life.

🎵 Day 15: Students who receive music instruction tend to have improved development of grammar and vocabulary. These skills will follow students their whole lives and will aid them if they need to learn a foreign language late in adulthood.

🎵 Day 16: Playing music in an ensemble requires teamwork. Each individual must pay attention to the whole group to ensure everyone is playing with the same tempo, the dynamics are balanced, and the harmonies are in tune. Students who participate in music must learn to work together and this builds upon their individual social skills.

🎵 Day 17: Performing music for an audience can bring great fear and anxiety. However, doing so teaches kids how to take risks and deal with fear in a safe environment. Developing these skills will help students become successful in all areas of life and reach their full potential.

🎵 Day 18: Music is a creative process. Investing in creative education can prepare students for the 21st century workforce. The new economy has created more artistic careers, and these jobs may grow faster than others in the future.

🎵 Day 19: Music can help students learn pattern recognition. Children can develop their math and pattern-recognition skills with the help of musical education. Playing music offers repetition in a fun format.

🎵 Day 20: Students in a music ensemble are less likely to abuse substances over their lifetime, including drugs, alcohol, and tobacco.

🎵 Day 21: Music builds imagination and intellectual curiosity. Introducing music in the early childhood years can help foster a positive attitude toward learning and curiosity. Artistic education develops the whole brain and develops a child's imagination.

🎵 Day 22: Kids who study the arts can learn to think creatively. This kind of education can help them solve problems by thinking outside the box and realizing that there may be more than one right answer.

🎵 Day 23: Learning music promotes craftsmanship, and students learn to want to create good work instead of mediocre work. This desire can be applied to all subjects of study.

Be sure to thank your child's music teacher and continue to support music in our schools!

Sources:

<http://mic.com/articles/110628/13-scientific-studies-prove-music-lessons-were-the-best-thing-your-parents-did-for-you>

<http://www.nafme.org/20-important-benefits-of-music-in-our-schools/>