

ugh our own experiences, we know that the joy  
arning and performing music is life-changing.

# PRESIDENTS' MEETING


NOVEMBER 5, 2023

UNITED  SOUND  
relationships that resonate

We believe that all children should have  
access to meaningful and authentic musical experiences.



# TONIGHT'S AGENDA

- Welcome, Introduction & Info in the Chat
- Reminders & Important Mentionables
- Monthly Contest
- Main Topic: Leading Effective Rehearsals
- Your Feedback is Our Gift 
- Closure in the Chat Good Night!



Residents are responsible for planning, writing lesson plans, assisting other

# REMINDERS & IMPORTANT MENTIONABLES



HAPPY BIRTHDAY

Each United Sound chapter is led by at least two student presidents and two teachers at the

# MONTHLY CONTEST

## October Winners

AZ-Campo Verde High School (*Band*)  
IL-Creepside Middle School  
IN-Elkhart High School  
VA-Independence High School  
MO-Nixa High School  
OH-Perrysburg High School  
VA-Rock Ridge High School  
VA-Stonebridge High School

## NOVEMBER Contest

*The November Contest Question Link is below for you to read and submit your answers to us.*

*Every chapter member (peer mentors and new musicians) who submits a thoughtful answer will be eligible to win our monthly prize!*

<https://forms.gle/BHLchBuvQN5MWw8c7>

# TONIGHT'S MAIN TOPIC

## Leading. Effective Rehearsals



# L-E-A-D-E-R-S-H-I-P

Student leadership is when students are in a position to influence, motivate, and guide others towards a common goal. Student leaders are self-driven and self-directed, forging their own learning paths and never moving beyond the malleable mindset of a learner.

## Student Leaders Typically...

- Take active roles in their education
- Develop positive skills
- Create a culture of ownership, collaboration, and community in the classroom
- Take significant responsibility for their learning and experiences
- Spread knowledge through inspiration, tutoring, campaigns, etc.



# YOU ARE THE PRESIDENT!

Here's an Idea!

## *START rehearsal with a 'Mindfulness' Activity.*

**YOU set the tone for every rehearsal!**

Have we ever discussed establishing a **routine**?

*If you haven't established a routine yet, you should probably get to it!*

- Imagine a place where you felt relaxed, calm and happy.
- Recall what it was like to be in that place.
- Imagine yourself there doing something relaxing.
- Return to the present, bringing that warm feeling.
- Then, start your rehearsal by doing a brief share out of where you went in your mind.



Plan your weekly  
rehearsals ahead  
of time.

### First few minutes

Mentors and Musicians get in groups & President calls to order with attendance and (maybe) a whole group activity.

### Next 5-10 minutes

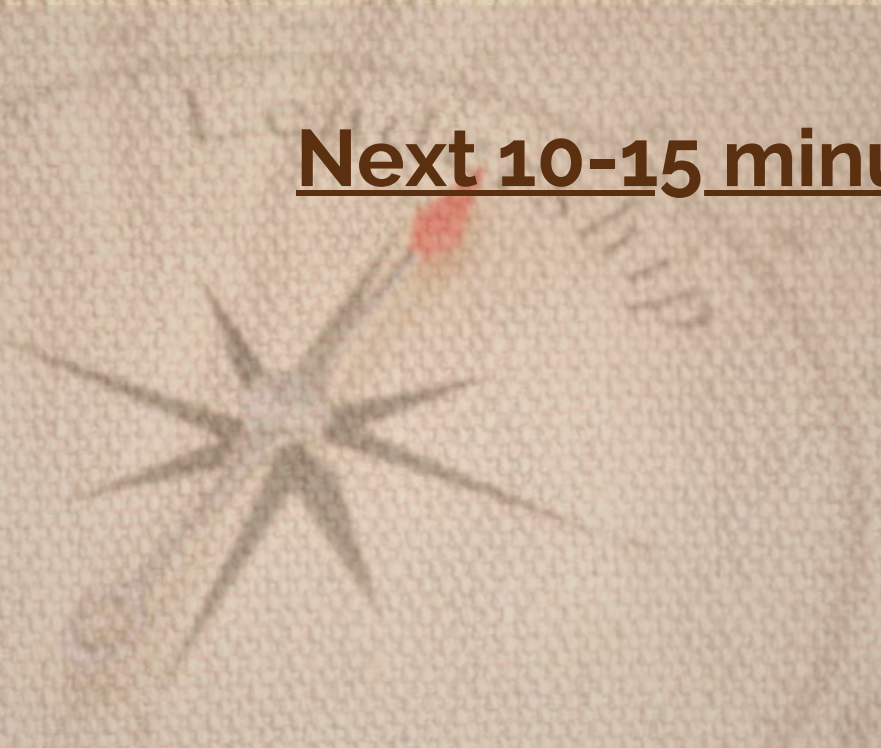
Everyone prepares their instrument for play and practice begins

Next 3-5 minutes Anyone need a break? It can be chatting, getting a drink, bathroom break, anything --Just take a break!

Next 10-15 minutes Get re-grouped for the second round of practice and make it count

### Last 5 minutes

Play a selected piece as a whole group. Help Musicians get themselves & instruments ready to go





# DO YOU EVER HAVE EXTRA MENTORS??

## Who Needs a Peer Mentor?

All groups should have 3 Peer Mentors; if there is an extra Mentor, have them play their instrument along with the New Musician to model the sounds/rhythms.

## "Historian For-A-Day"

Have extra Peer Mentors take pictures and/or video to honor what is happening on that day. Share pictures on your school announcements or social media.

## Closing or Break Time Fun

Have alternates and/or extra mentors review the [Games & Activities page](#) link we discussed a couple of months ago. Have them choose something, **and set it up**, for the group to do at the conclusion of that day's rehearsal.



Campus-wide benefits we have reaped from this program are immeasurable.


ter Presidents also attend  
nwide president meetings where the



YOUR  
FEEDBACK  
IS OUR GIFT



Share ideas, successes, and struggles  
in a national collaborative  
community



**Thank you to the schools  
who completed a  
Rehearsal Feedback Form  
in October!**

**Desert Mountain High School  
Roswell High School  
Campo Verde High School  
Stone Bridge High School  
Segerstrom High School  
Independence High School  
Perrysburg High School  
Lake Ashbury Jr High  
Roswell High School**

**Western Michigan University  
Lake Asbury Junior High  
Stone Bridge High School  
Parkway Cental Middle School  
Eugene Ashley High School  
Johansen High School  
Perrysburg High School**



# Greatest successes/accomplishments this month?

- Rhythms were learned; cake and soup was practically mastered
- We were able to get everyone comfortable with each other and learn basic rhythms!
- Getting all the musicians comfortable with their instruments
- Familiarizing everyone more with the different colored strings.
- New musicians got their full instruments.
- Getting well acquainted with our instruments.
- Learn new note and rhythms
- Everything has gone extremely well! This has been our first month back to meeting weekly- and we have been doing a selection of the activities provided to get to know everyone!
- Overall we have made everyone more comfortable with each other which enhances the fun. Also all of our musicians know the book one rhythms and we have started to try to teach more how to play more than one note in a sequence.
- We had another new musician join us this month and he has been doing amazing! All of our new musicians who are new this year are learning pretty quickly and the participation during games has been great with both our new and returning new musicians.
- Our group is great at playing together at the end of class and everyone has gotten to know each other well!
- Students seem more excited about the activities we do.
- We had put musicians be more vocal.
- Everyone is getting to know one another, newer mentors are fitting right in with the experienced mentors and most of the musicians are doing really good at rhythms! Also starting to play instruments!
- We have made lots more connections with new members in the group. We are starting to get closer and closer which is awesome.
- We met our new musicians for the first time!
- Preparing for our marching band performance and learning new music

# Challenges during rehearsal this month?

- Focus, understanding pacing( soup is longer than cake, etc.)
- So far really nothing, maybe giving full focus when others are talking.
- Getting some of the musicians to interact with the instruments
- Staying focused and instruction without method books.
- Trouble focusing
- None so far, it's going great!
- Staying n task
- We haven't faced many challenges, but; ensuring the activists run smoothly can be a little challenging!
- This month we had challenges with energy for some of the new musicians and I think that is because our class is in the afternoon after lunch but to try to fix that we start the class with a go noodle to get everyone moving and pumped.
- Our group doubled in size this year, so we're still adjusting to the bigger group. Some of our new peer mentors struggled a bit with part writing. We also have a new musician that sometimes refuses to play.
- It's been a bit of a challenge to come up with/adapt activities to be able to engage and interest everyone, and to also make sure that the activities are at a good level for them to be able to participate in - our group is very diverse in many ways and that's great for everyone to be able to experience variety and new people, but also challenging to accommodate for sometimes.
- We do not have finalized new musicians and no method books yet. It is going to be hard to pull instrument skills together without these tools and knowledge.
- Keeping our musicians attention on music.
- keeping everyone focused and on task. Also finding games that everyone likes even if everyone is at a different level
- We had a New Musician drop out because staying after school was causing her a lot of stress. We struggled to find activities for her mentors while she was not there, but we are probably getting a new New Musician soon!
- Our challenges were getting our new musicians to focus.
- Catching up new musicians on all the basics before getting into the performance music

# Activities and games you incorporated into rehearsals this month? What was successful? What didn't work?

- We made bracelets. It was a bit chaotic but everyone enjoyed it. We played four corners and hot potato too. Both went over pretty well. Everyone did a good job participating, and we got some fun new prizes, so everyone was excited about those!
- We used a game where we matched each letter of the alphabet to a soup, cake, donut, or rest, and had people make rhythms with their names and other words (this was a pretty interesting game we came up with). We also made up handshakes. We played; draw what you feel, guess your rhythm, a rhythm card game, beach ball rhythms, musical tic tac toe, and had a game day. These games all worked pretty well, although the guess your rhythm game was a bit less engaging.
- Find Someone who.. this was a good one to get people moving around and interacting with new people.
- We also played the beach ball game which did not really work. The ball popped and a lot of students were really struggling with the task of answering a question on the ball.
- We played duck duck goose. This was improvised but really got the students excited in the last couple minutes of rehearsal.
- We had a scavenger hunt, which was a success.
- Beach ball pass, get to know you bingo, dice game, note four corners, game day, I have who has, rhythm tic tac toe, band room scavenger hunt, instrument guessing game, beach ball rhythms, and simon says. Most of the games have gone well, but sometimes the returning musicians get a little bored because we are still reviewing and teaching the new musicians rhythms.
- Musical chairs, boomwhackers, rhythm matching, rhythm bingo: they were all successful, but one New Musician was not a huge fan of musical chairs.
- Bubbles
- Using the flashcards to play rhythm games, singing with everyone, and taking walk breaks

# Activities and games you incorporated into rehearsals this month? What was successful? What didn't work?

- We did the name tags, it unfortunately didn't work because it wasn't entertaining enough for themselves
- Hot Takes, Beach Ball Pass, Beat Master, all of these were successful.
- We've watched videos where they sing and clap the patterns for things like cake, soup, and donut
- Rhythm bingo, duck-duck-goose, and sharing posters made from last month. All of the activities were successful, everyone participated and seemed to have a lot of fun.
- Visited the agriculture barn, and bubbles
- Hot Potato, Simon Says, The Line Game. The Line Game was suggested in the last meeting and it was a success! We had a fun time trying to get across the line and made a little competition.
- Conductor says
- We have incorporated the Spotify, freeze dance, beach ball, and all about me activity thus far; all went extremely well!
- We incorporated a warmup called go noodle which is much like just dance to make everyone more energized and this has worked most of the time except for some students who just weren't feeling it. To try to fix that we decided to start class without chairs which I saw, especially in my group, was successful. The only thing that sorta went wrong was the repetitiveness of the flash cards but that was our fault.

United Sound staff to understand  
the inner workings of the systems and  
curriculum

# CLOSURE

In the chat (*privately or otherwise*) explain **what makes you a good leader**? Why were you chosen for this role?

***Hope to see you at our next meeting on December 3rd!***

goal is to support musicians and educators to use music  
formative change. Working with peer ment  
therapists, educators, compos  
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