

Glacier High School

Choir

Handbook

2009-2010

“The singer has an advantage above all other musicians; he has been practicing since the day he was born.” Fred Waring

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Sandee Sauer
Director of Choirs – Glacier High School
Choir Office Phone: 758-8685
Director’s Cell Phone: 250-1332
email address: sauers@sd5.k12.mt.us
Main Office Phone: 758-8600

GOALS OF THE VOCAL DEPARTMENT

It is the goal of the Glacier High School Vocal Department to establish and maintain a balanced program. This balance includes opportunities to:

- a. Perform a variety of standard and non-standard repertory in several settings. These include choir concerts, music festivals, mass choirs, solo, small ensembles, and community events.
- b. Study and analyze the structure of the music performed as well as the historical importance of the music.
- c. Be exposed to other performers.
- d. Develop ensemble skills including improvisation, musicianship, interpretation, tone quality, intonation, blend, and balance.

In order to achieve these goals, it is important to monitor the time each activity takes and how important that activity is to the goal of the vocal department. These goals will be reached through lecture, observation, rehearsal and performance opportunities.

VOCAL INSTRUCTION

Of all musicians, singers have something no other instrument has...words that can be shared at anytime and anyplace because singers have their instrument with them everywhere they go. In choir, students study fundamentals of singing and music to bring life to language in a meaningful way. Students learn how to read a vocal score and to interpret music in order to communicate thoughts, feelings and emotions. Students are taught to use their voice healthfully as well as expressively.

This is accomplished by:

- developing proper posture
- breathing properly
- staying on pitch
- singing lightly
- singing on the vowels
- articulating all consonants
- blending voices
- starting and stopping together

A choir performance is a team effort where musicians translate the notes on the page into musical expressions that are pleasing to both performers and the audience. We look forward to sharing our work with you at our concerts!

CLASSROOM EXPECTATIONS

These expectations will help to create the best possible rehearsal environment. In choir, the needs of the many outweigh the needs of the few. All of us sacrifice part of ourselves to achieve greatness together. These expectations will allow us to accomplish the common goal of being the best musical organization that we can be.

1. Come to rehearsals ready to learn (be in your chair or on the risers and ready to work).
2. No gum or food in the music department. Water bottles are allowed.
3. Only one person speaks at a time.
4. Follow directions the first time they are given.
5. Use the best singing posture possible.
6. Have a pencil ready at all times to mark difficult parts for practice or mark changes which occur and to number measures.
7. Learn your parts and be prepared before coming to the next rehearsal.
8. Put your music away each day. Music not taken home is to be stored in the folder cabinet. Shared folders must be brought back daily.
9. Always be polite and courteous with all choir members.

By following these expectations you are choosing to be a better choir member.

GENERAL INFORMATION

Choir is a year long, full credit class (solid) counting toward graduation. The grades for choir are averaged into the grade point average of each student. Students are placed into choir sections based on their abilities and the group needs.

Glacier Girls' Choir is open to all girls in grades 9–12. This is a beginning to intermediate level women's choir that fosters enjoyment, friendship, and confidence to sing through rehearsal discipline. Fundamentals of music reading and choral traditions will be covered. No previous experience is necessary. Performances during the year include public concerts and District Music Festival.

Men's Choir is open to all boys in grades 9–12. This is a beginning to intermediate level women's choir that fosters enjoyment, friendship, and confidence to sing through rehearsal discipline. Fundamentals of music reading and choral traditions will be covered. No previous experience is necessary. Performances during the year include public concerts and District Music Festival.

Concert Choir is a select group open to boys and girls grades 10-12. Students must audition and fit the ability and vocal needs of the group as determined by the director. Performances during the year include public concerts, AA Choir Festival, District Music Festival and possible tours.

Advanced Women's Choir is a select women's ensemble open to grades 10–12. Girls must audition and fit the ability and vocal needs as determined by the director. Performances during the year include public concerts and District Music Festival.

Glacier Echoes is a select mixed jazz ensemble open to grades 10-12. Students must audition and fit the ability and vocal needs as determined by the director. Students must also be members of one large choral group. Performances during the year include the Glacier Jazz Stampede, public concerts and District Music Festival as well as other community performances.

PERFORMANCE EXPECTATION

As a member of the Glacier High School Choir, you are expected to appear for your choir's scheduled events. Any conflicts need to be worked out well in advance to allow you to fulfill your choir obligation.

This year's schedule of events has been included in this handbook (see appendix). Other required events may be scheduled. All attempts will be made to set these dates and times well in advance to allow you to let parents, employers, etc. know your choir obligations. **A job is not considered an excused absence.** Let your employers know your performing schedule well in advance. Most businesses can and will adjust your schedule so that you can attend choir events.

If there are conflicts with other school functions or family obligations, let me know as soon as you find out about them so we can work something out. Students fill in "Pre-arranged Absence Form" (see appendix) and are allowed to make up the work within the time permitted.

In the event of a death in the family or severe illness, report this to the director by a phone call **BEFORE** a performance. If a student has an unforeseen emergency, a call should be made at the earliest possible time to the director. Calls can be made to the director at home or at the school. A note of explanation must follow all absences. These are considered excused and students will be allowed to turn in make up work.

With regard to school conflicts, the following is our school policy:

1. Activity performances take precedence over practices with no undo pressure or threat of exclusion by either coach or sponsor in the event of conflict.
2. In the event of performance conflict between MHSA/OPI activities, a district, state or national level event will take precedence over a regularly scheduled event.

GRADING PROCEDURE

Grading for choir is broken into the four main areas. Students are assessed within these areas to arrive at their grade. The grading scale for choir is as follows:

| | |
|-------------------|---|
| A – 336 to 375 | Superior work, outstanding in all aspects |
| B – 300 to 335 | Excellent work, can improve in minor ways |
| C – 263 to 299 | Satisfactory work, making progress |
| D – 226 to 262 | Unsatisfactory work, needs improvement |
| F – 225 and below | Failing, has not met minimum expectations |

1. SINGING AND READING SKILLS (30 points)

Singing Skills: Singing in tune in both head and chest voice, with lifted posture and connected breath support, creating full, resonant and expressive tone, performing energized and rhythmic diction, with great eye contact and intensity of expression.
(10 points)

| | Points Awarded |
|--|----------------|
| Superior vocal technique in all aspects | 9 - 10 |
| Excellent singing, can improve in small ways | 6 - 8 |
| Making progress in applying vocal technique | 3 - 5 |
| Often not applying good vocal technique | 1 - 2 |

Music Reading Skills: Sight-reading vocal parts and exercises through an understanding of musical notations, theory, terms and concepts. Students will demonstrate music reading ability daily in groups and individually.
(10 points)

| | Points Awarded |
|---|----------------|
| Sight-reading rhythms and pitches correctly | 9 - 10 |
| Reading most of the rhythms and pitches correctly | 6 - 8 |
| Able to read some of the rhythms and pitches | 3 - 5 |
| Trying, making a sound | 1 - 2 |

Parts Mastery: Memorizing the words and notes of your parts to the songs by a given date (usually halfway to concert date) and demonstrating the ability to sing the parts independently in daily rehearsals and in vocal or written tests.
(10 points)

| | Points Awarded |
|---|----------------|
| Mastering parts individually on time | 9 - 10 |
| Mastering parts individually by concert time | 6 - 8 |
| Able to sing parts quite accurately with the help of others | 3 - 5 |
| Making a joyful noise! | 1 - 2 |

2. ENSEMBLE EFFORT (225 points)

Students will earn 5 points each day of the 9 weeks they participate in choir. (225 points) Daily individual preparation and accomplishment is essential to the wellbeing of an ensemble. An excused absence does not result in a loss of points.

| | Points per day |
|--|----------------|
| Always ready, positive attitude, cheering, volunteering, taking risks, leading the way | 5 |
| Basically positive, standing and sitting up quickly, ready to work, good effort, but somewhat chatty | 4 |
| Satisfactory but neutral, doing enough to get by, somewhat disruptive | 3 |
| Slow to get ready, talking during rehearsal, distractible, critical | 2 |
| Negative, disruptive, ignoring instruction | 0-1 |

3. PERFORMANCE (100 points)

Choir is a performing class. Participation at all scheduled performances is MANDATORY. A performance is like a class test. If, for any reason, a student must miss a performance, written notice is expected prior to the absence. (See appendix for Pre-arranged Absence Form) In the case of an unforeseen absence (emergency, etc.) a telephone call is expected at the earliest convenient time followed by a note offering an explanation for the absence. Work is not considered an excused absence. Students in activities or jobs need to clear their calendars with their coaches and employers.

Tardy: Loss of 25 points. Be on time!

Pre-arranged Absence: Loss of 50 points. A “Pre-arranged Absence Form” must be filled out. The make-up work must be completed within 3 days of the performance. Make-up must include music from the performance you missed for evaluation purposes.

Unforeseen Absence: (i.e., illness, accidents): Loss of 50 points. Make-up the same as pre-arranged absence. Work to be completed within 3 days after the student returns to class.

Unexcused Absence: Loss of full 100 points. Partial points may be awarded for make-up work. This is a reason for dismissal from the choir class.

4. ENRICHMENT (20 points)

This is best described as the homework section for the class. Each student may choose how much and what type of homework they want to do. Enrichment options may also be used to gain extra credit toward a higher grade or to make up for deficiencies, class absences, or pre-arranged performance absence. It is the student’s responsibility to submit verification of enrichment activities as they occur. Enrichment work can be earned for any music activity related to the choir class. Work with your voice will be

valued at the highest rate of enrichment credit. **A rule of thumb for enrichment is that you gain 2 points for every hour you spend outside of class on enrichment work.**

Examples of enrichment that will earn the full 20 points:

Ensemble participation: extra-curricular ensembles on a regular basis throughout the school year, i.e., band, orchestra, community choir, Glacier Chorale, church choir, Glacier Echoes and weekly or bi-monthly voice lessons.

Examples of enrichment that will earn from 2 to 20 points:

Practice tapes: a recording of student practice earns 2 points per hour. Solo, duet or small ensemble **performance:** i.e. for service organizations, church, District, State Music Festival, auditions, Star Spangled Banner, wedding, etc. earns 4 points each.

Additional examples of options that will earn from 2 to 20 points:

Outside **concert attendance:** school concerts, community concerts, etc. - turn in the program for 2 points. If you turn in a written report of a concert, you can add 2 points per each well-written full page (see below “How to write a concert report”) report.

Research paper: Well-written original work earns 2 points per full page. Reports must be related to the choir class and must contain your thoughts.

Review: Write a synopsis of a magazine article dealing with choirs. Use a GHS video about music and write a brief overview about it.

Music project: must be pre-approved by the director. This could include such things as writing or arranging music for the class, making an instrument, making a class presentation, or any other music enriching activity.

How to write a concert report

The written report should show what you learned as a result of attending the concert. You may focus on elements of the concert, such as the style of music presented, the history of the performing group, the instruments used, etc. One good approach would be to research the composers that you heard to get some background information on the music presented. (Look in a music encyclopedia or reference section in the GHS library.) A well-written report will be worth about 2 points per page. If you are stuck, feel free to ask for ideas on what to research and write about.

CONCERT ATTIRE

Glacier High School choir students wear their robes with pride. The image we portray has an enormous impact on everyone who sees us. When we are in the uniform we not only represent ourselves, but we represent our choir, our families, our school, the community and sometimes our state and nation. Appropriate dress at all times is extremely important. For this reason we dress to look our best.

Choir robes are owned by the school. The robes are stored at the school. You are responsible for care of your robe when you wear it. If any part is lost or damaged, you will be held responsible for the replacement. Following each performance students are expected to properly hang their robes and hand them to the robe workers. Students who do not do this will have a fine levied against their choir account. We expect students to take good care of the robes.

Men wear black dress pants, black socks and formal black shoes. Women wear a knee-length skirt or dress, skin-colored nylons and flat black closed-toe shoes (no high heels). Shirts or tops should have no collar that shows above the robe. The idea is to get dressed up for the concert but not to draw attention to yourself. No flashy jewelry or wild hair styles please.

PERFORMANCE TIMES

The general time schedules for concert performances are as follows:

Most concerts begin at 7:30 p.m.

45 minutes before concert - arrive and dress in choir room

30 minutes before concert - warm-up and robe check,

10 minutes before concert - quiet time, final instructions.

TRAVEL

Students, who participate in school-sponsored events, are expected to travel on school provided transportation. **Students should be aware that all regular school rules apply, as stated in the student handbook.**

Prior to charter bus trips, students will choose a “bus partner.” For purposes of attendance, bus partners will be in their **assigned seats at each stop**. Seats will be assigned through the use of a double blind random drawing. Students not signing up or listed with false names will be assigned seats. **You are responsible for keeping your assigned seat area clean during the trip.** Students may exchange seats during travel providing that every student maintains safe and proper seating while travelling. A seat towards the back of the bus is reserved for a director or chaperone.

When traveling on busses, students are asked to use headphones only when listening to music. Students are to be seated while in traffic and follow all bus safety rules. Be polite and appreciative to drivers. Once we have arrived at our destination students are to be in groups. At no time should a student be alone.

When the group stays in a motel each room will select a Room Leader during the sign up process. The room leaders are responsible for:

1. The room and its occupants. They will be in charge of making responsible decisions. If problems arise, they will report to the director, motel staff, or a chaperone.
2. Picking up room keys and making sure all roommates know where their room is located.
3. Assisting with final room review prior to checkout. They will make sure that rooms are in reasonable shape to be checked by the director or chaperone. Keys will be collected after room inspections.

On overnight trips, all students are expected to follow the following guidelines.

1. Respect the rules and property of the motel. The responsible student will pay for any damage or lost articles. If the individual who caused the damage cannot be determined, those students in the room will be held accountable.
2. The motel lobby or the director's room will be designated as the meeting room for students. Otherwise there will be no girls in the boy's rooms or boys in the girl's room.
3. A reasonable curfew time will be set depending on each particular trip. Once that time is reached, students are to remain in their rooms.
4. In the event a teacher or chaperon feels it is necessary to discipline a student for failure to follow regular school rules, these guidelines, or for possession/use of alcohol or illegal drugs, the following steps will be taken.
 - a. The student will no longer participate in the event.
 - b. The parents will be informed of the problem and asked to come and pick-up the student.
 - c. The student will face the principal for any or all of their actions.

In the past choirs from Kalispell have performed from Alberta, Canada to Disneyland in California. These choir tours are designed to be educational experiences. Students participate in the selection and planning in these tours

DISTRICT MUSIC FESTIVAL

The District Music Festival is held in April of each year. This is a Montana High School Association event and our choir is required to perform. This is perhaps the most important performance of the year for our choir. During this festival, our choir will be receiving comments, instruction and a rating from qualified music adjudicators. Ratings are based on how you perform that day. Do your best on the performance. Then listen and learn. It is what you learn that is most important... not the rating.

FUND RAISING

Fundraising opportunities are provided to allow choir students to earn money they may need for choir related travel, supplies or to pay off choir fines. The School District has supplied funds for the Music Festivals the choir attends. The choir students must finance other travel, such as choir tour. Fundraising is optional for students in the Glacier High School choirs. There is no requirement for students to participate in a fundraising activity. Participation is strictly voluntary.

Members are responsible for their own needs. A logbook called “Choir Account” is kept for each member and the profit from each fundraiser is deposited in his/her choir account. The money from this account may be spent toward that members portion of a trip, or to purchase supplies, uniforms, accessories or pay for choir fines. If a member chooses to, he/she may make a cash deposit instead of participating in a fundraiser. Students with a negative choir account at the end of the year will have their names turned over to the office for collection. (A fundraising policy is listed in the appendix.)

EXTRA CURRICULAR GROUPS

All choir members who participate in extracurricular choir events must be academically eligible and complete the Glacier High School “Parent/Guardian and Student Activity Consent/Release Form.”

Solo and Ensemble Festival is held during the spring. I highly encourage all eligible students to participate. For more information about this special opportunity see the Music Festival contract in the appendix.

All-State Choir is made up of the top choir students from across the state. The group meets each fall in October during the teachers’ convention weekend. The audition material is available in April with CDs being sent in the first week of June.

All-Northwest Choir is made up of the top choir students from six states. The group meets every other spring. The audition material is available in August with CDs being sent in mid-September.

AWARDS

Students may earn a Choir Letter award during the course of a year. Choir letters are based on Extra Curricular choir participation. Required choir events are not used to compute letters. A list of the lettering requirements is listed in the appendix.

Festival certificates are given to those students who have been soloists at District and State Music festival, or participants in the All-State or All-Northwest groups.

PRIVATE LESSONS

All choir members are encouraged to take private lessons in order to develop their singing ability to the greatest degree. There are several people in our area who teach privately. Each private lesson will count as a part of your enrichment. Here are the names of four voice teachers in our area:

| | |
|-----------------|----------|
| Cathy Helder | 257-7947 |
| Tracy Snipstead | 752-0820 |
| Suzie Rohrbach | 755-3736 |
| Marla Siblerud | 756-1199 |

If you do not wish to schedule regular private lessons but do desire help occasionally, please feel free to talk to me so we can find a time to work together

CHOIR COUNCIL

A Choir Council will be elected each year by the students to carry on the business of choir activities and to give the director input on policy pertinent to the choir membership.

Your responsibilities to the choir are:

1. Take pride in your musical abilities and work to improve them.
2. Take pride in your Choir. Make it better by you being in it.
3. Always present a positive attitude and constructive behavior.
4. Be prepared to "lead the way."

A note from Mrs. Sauer:

**Welcome to a great year in choral music at Glacier High School.
As a singer, I can think of no better job than to share my passion for
music and singing with my students.
It is my wish to help each student develop his or her
singing voice as an individual and
to provide performance opportunities
as part of a larger group.**

Appendix Section

WHY BE INVOLVED IN MUSIC

Not because you are expected to major in music in college

Not because you are expected to play or sing all your life

Not so you can relax

Not so you can have fun

But so you will be human

so you will recognize beauty

so you will be sensitive

so you will be closer to an infinite beyond this world

so you will have something to cling to

so you will have more love

more compassion

more gentleness

more good

In short

more life

Anon

Choir Schedule – 2009-2010

| | | | |
|---------|-------------------------|---------------|-----------|
| 2-Oct. | Glacier Jazz Stampede | Echoes | GHS |
| 4-Oct. | Glacier Jazz Stampede | Echoes | mall |
| 6-Oct. | All-State rehearsal | audition | FHS |
| 14-Oct. | MHSA All-State | audition | Bozeman |
| 15-Oct. | MHSA All-State | | |
| 15-Oct. | MHSA All-State | | |
| 26-Oct. | Fall Concert | all | GHS |
| 4-Nov. | Fruit Sales | all | GHS |
| 23-Nov. | AA Festival | concert choir | FHS |
| 24-Nov. | AA Festival | | |
| 10-Dec. | Fruit Arrives | all | GHS |
| 17-Dec. | Holiday Choir Concert | all | GHS |
| 1-Feb. | Treble Choir Festival | Glacier Girls | Polson |
| 10-Feb. | Music Dept. Photo Day | all | GHS |
| 4-Mar | Senior solo auditions | seniors | GHS |
| 10-Mar | ACDA All-NW Choir | audition | Seattle |
| 11-Mar | ACDA All-NW Choir | | |
| 12-Mar | ACDA All-NW Choir | | |
| 13-Mar | ACDA All-NW Choir | | |
| 16-Mar | Solo/Ensemble Recital | TBD | GHS |
| 18-Mar | Evening of Fine Arts | TBD | GHS |
| 22-Mar | Polson Festival | Adv. Wom/Men | GHS |
| 8-Apr | tour | concert choir | Seattle |
| 9-Apr | tour | | |
| 10-Apr | tour | | |
| 11-Apr | tour | | |
| 15-Apr | District Music Festival | all | Whitefish |
| 16-Apr | District Music Festival | all | |
| 17-Apr | District Music Festival | all | |
| 22-Apr | Solo/Ensemble Recital | TBD | GHS |
| 30-Apr | MHSA State Festival | TBD | Helena |
| 1-May | MHSA State Festival | TBD | Helena |
| 17-May | Spring Concert | all | GHS |

CHOIR ENRICHMENT FORM

Enrichment can best be described as any work done outside of class, not including required practices or performances. The enrichment section is 20 points of your quarter grade and is equivalent to **roughly** 10 hours of work per quarter. Students also use enrichment to make up areas where they may be behind (i.e. attendance, classroom work, written or performance skills.) Please fill in the following regarding your enrichment activities this quarter. **Use the back if you need more room.**

Any practice tapes, concert programs, music papers, etc., must be turned in separately from this form.

Student's Name: _____

I am taking voice lessons:

I have taken ___ (number) lessons this quarter

My teacher is _____ phone _____

I am taking other music lessons _____

I have taken _____ (number) lessons this quarter

My teacher is _____ phone _____

I performed a solo, duet, or sang in a small ensemble.

(check any that apply and specify what you sang and when)

_____ at church _____

_____ other (wedding, nursing home, etc.) _____

_____ at Music Festival _____

_____ audition for _____

_____ (other - specify) _____

I belong to another school musical group.

Group name: _____

This group practices (how often) _____

We have performed (how many times this quarter) _____

Group name: _____

This group practices (how often) _____

We have performed (how many times this quarter) _____

I am singing in a community musical group.

Group name: _____

Director's name _____ phone _____

Our group practices (how often) _____

We have performed (how many times this quarter) _____

I did not do any enrichment this quarter. _____

-- SAMPLE --
PRE-ARRANGED ABSENCE FORM

STUDENT NAME _____ TODAY'S DATE _____.

DATE(S) TO BE MISSED _____ CLASS NAME _____

I WILL BE MISSING PERFORMANCE DATE: _____

REASON FOR ABSENCE

PLAN FOR MAKE UP WORK _____.

_____.

_____.

ALL MAKEUP WORK MUST BE TURNED IN WITHIN THREE DAYS FOLLOWING THE ABSENCE. FAILURE TO TURN IN WORK WILL RESULT IN LOSS OF GRADE POINTS. IN THE CASE OF CONSECUTIVE ABSENCES THE WORK IS DUE WITHIN THREE DAYS OF THE FINAL ABSENCE.

STUDENT SIGNATURE _____.

***** TO BE FILLED IN BY DIRECTOR *****

[] MAKE UP WORK WAS COMPLETED

[] MAKE UP WORK WAS NOT COMPLETED

DIRECTORS SIGNATURE _____

MUSIC FESTIVAL CONTRACT

Solo and ensemble music festival exists to allow students the opportunity to perform, learn, and be rated. Students perform for a qualified music judge (called adjudicator). During this learning experience, the adjudicator will provide written and verbal comments. In addition they will assign a rating of I, II, III, IV or V based on their professional assessment of the performance given that day. Superior or I is the best possible rating and will qualify the solo/ensemble for the State Festival. Ratings are one person's opinion. The adjudication process is intended to help you grow as a musician. You should pay close attention to the comments as they are intended to improve your understanding of music and your performance abilities. Learning from the experience is more important than the rating

In order to adequately prepare for a positive festival experience several steps must be taken. Selection of the music must be completed by the last week in January. Music must be appropriate in level of difficulty for the solo/ensemble and must be an accepted musical style (i.e., pop music is not acceptable). The school music director will assist you if you have questions about these areas. Each solo/ensemble must have an original score with measures numbered (no photocopies) for the adjudicator.

Almost all soloists and quite a few small ensembles must have an accompanist. A good accompanist will assist a soloist where a fair or poor accompanist will hold the soloist back from doing their best. If you have access to a good accompanist to use that is fine. They need to be available for practice times, pre-festival and festival performance times. If you are unable to arrange for an accompanist, the music director can assign you an accompanist. These are paid players and there will be an accompanist fee. Accompanists must be secured by mid-February.

The school will pay entry fees for the district solo and ensemble festival. If a solo/ensemble must cancel, they must do so one month prior to the festival. If they cancel after this date, they will reimburse the school for the cost of the entry fee. Payment can be made from your choir account. Students will not be able to choose which day they attend the State music festival

All solo/ensembles must perform on the pre-festival recital. The Pre-Festival recital is an opportunity for students to have a performance "under their belt" and for the director to make sure each solo/ensemble is qualified and prepared for the festival. They will perform as if there were at the festival. Each solo/ensemble will introduce themselves giving the following information: their name, school name, year in school, music title, composer, and accompanist's name (if you have one). If there is an unavoidable conflict with the pre-festival date, the solo/ensemble must perform prior to the pre-festival date and this must be arranged with the director.

MUSIC DEPARTMENT FUNDRAISING POLICY

Individual financial records shall be kept of student fund raising money to insure that fund-raising efforts are equitable among students. Money in the individual student account is to be used for music related activities. Student funds are the property of the school and not the student, and as such are administered by school officials.

I. Definitions

- A. Individual Student Account:
 - 1. Money generated by or for an individual student to be used for approved music department expenditures.
- B. Approved Music Department Expenditures:
 - 1. Approved trips
 - 2. Approved organizational apparel: Shirts, Jackets, special clothing needs, etc. Items must be approved by Director (and student board if applicable)
 - 3. Fines levied (where applicable)
 - 4. Accompanist/lesson fees associated with the District Music Festival, music recitals or other director approved events.
 - 5. Other expenditures may be made with director approval as deemed necessary and ordered in a timely manner. (Graduating seniors will not be allowed to spend their money after their spring trip or similar deadlines.) At no time will students receive a cash payment from fundraising accounts.
- C. Project in Common:
 - 1. Fund raising projects as conducted by the entire Music department in which all the music students participate.
- D. Student in Good Standing
 - 1. A student that is a registered member of Band, Orchestra or Choir with no outstanding fines against his/her individual account.

II Transfer of Funds

- A. A student transferring funds from one musical organization to another must be a member in good standing of the organization receiving the funds.
- B. Students may transfer money ONLY when need to complete the amount needed for a trip or special event. All transfers need to be made at the same time.
- C. Students in good standing in both musical organizations may transfer 100% of all Project in Common funds from one organization to another. Other funds may be transferred at the rate of 75% of the total.
- D. A student in good standing in only one of the musical organizations involved may transfer ONLY Project in Common funds at the rate of 75% of the total.
- E. Students may transfer their funds to another student only if that student is a sibling and a member of the same organization OR WILL BE a member of that organization the following school year.
- F. Students may not transfer their money outside of the music department.
- G. The Individual Account of students who drop out of their musical organization will revert to the general fund of that organization. When students exit the program (i.e. graduating seniors, et. al.) their account reverts to the general fund of the organization.

BENEFITS OF SINGING

Singing strengthens the immune system, according to research by scientists at the University of Frankfurt in Germany, published in the latest edition of the US Journal of Behavioral Medicine.

The scientists tested the blood of people who sang in a professional choir in the city, before and after a 60-minute rehearsal of Mozart's Requiem. They found that concentrations of immunoglobulin A – proteins in the immune system which function as antibodies- and hydrocortisone, an anti-stress hormone, increased significantly during the rehearsal.

A week later, when they asked members of the choir to listen to a recording of the Requiem without singing, they found the composition of their blood did not change significantly.

The researchers, who included Hans Guenther Bastian from the Institute of Musical Education at Frankfurt University, concluded singing not only strengthened the immune system but also notably improved the performer's mood.

- Source: AFP ABC

Singing is a gymnasium for the body and soul. Singing works deeply into our physiology: deepening breath and heart rate, altering brain wave patterns and strengthening the immune system. It also releases endorphins, the body's pleasure hormones, into the brain and body. Singing also exercises all the muscles in the head and neck. Singing can also help to build a person's confidence and self-esteem, and can increase their capacity for self-expression.

Recent research also indicates that a wide range of music experiences have a powerful effect on influencing language development, as well as increasing concentration, memory, visual and listening skills, spatial orientation and physical coordination.

Many children today suffer from a wide variety of ailments and imbalances, from insomnia, to lack of sleep, to diabetes and depression. We now have the second most highly depressed population of teenagers in this country, second only to Japan. We must ask ourselves not only why is this happening, but what can we do to help. Singing is one of the greatest illness preventions!

- *Pecis of – Singing Children, Healthier Children! By Mary Thienes-Schunemann USA*

So what are the physical benefits? Professor Graham Welch who is Director of Educational Research at the University of Surrey in Roehampton UK has spent 30 years studying aspects of singing. He says people who sing are healthier than people who don't. Singing gives the lungs a workout, tones up abdominal and intercostal muscles and the diaphragm, and stimulates circulation. It makes us breathe more deeply than even many forms of strenuous exercise, so we take in more oxygen, improve aerobic capacity and experience a release of muscle tension as well.

- Source: AFP ABC

SOME INTERESTING FACTS

National surveys reveal that students participating in high school activities are more likely to have higher academic averages and far better attendance records.

Of the students who drop out of high schools, ninety four percent have not been involved in any school, activity such as band, choir, speech, students government, athletics, etc.

The best predictor (according to ACT and SAT studies) of success in later life is previous participation in high school activity programs -- not high school or college grade point average, test score or rank in class.

Generally, participation in activity programs teaches values that make children happier and better citizens, builds strong minds and bodies, emphasizes that competition is not evil (but an American way of life) and that race, color, sex and economic status are not obstacles for participation. Finally it also teaches poise and confidence.

Nationally, over 50 % of the high school student population participates in high school activity programs for approximately two percent of the total school budget.

PLEASE VISIT THE CHOIR WEBSITE. GO TO THE GLACIER HIGH SCHOOL WEBSITE – THEN TO ACTIVITES – THEN TO CHOIR.

OR

WWW.WOLFPACKCHOIR.BLOGSPOT.COM

STUDENT AND PARENT CONTRACT

Print Student Name Here

I have had the opportunity to review the policies of the Glacier High School Choir program. I agree to do my best to be a positive contributing member of the choir and to attend all rehearsals and performances of the group of which I am a member.

Student's Signature

Date

Home Phone

email

I have had the opportunity to review the policies of the Glacier High School Choir program. I will do my best to support my child's participation in the Glacier High School Choir.

Parent's Signature

Date

Day Phone

Parent Volunteers:

Any parents interested in chaperoning trips or helping with other choir needs or projects as they come up, please write your name, phone number and email address.

Name (please print)

Phone Number

email

Questions or Comments: