



HOWELL'S SCHOOL

Llandaff

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G D S T  
GIRLS' DAY SCHOOL TRUST

18 January 2019

Fabulous news for the music department this week, when they heard that the Junior Competition Choir is through to the finals of not one, but two choir competitions, both to be held in London in March. A busy few weeks ahead!

At Howell's, it's really important to us that everyone feels that making music is something they can enjoy, whether or not they play an instrument, can read music or even, dare I say it, sing in tune. In the next couple of weeks, students of all abilities will be encouraged to put together their entries into the music competitions for the Eisteddfod at the end of February, and the House Choirs will also be tuning up. Students in the Senior School will all be compelled to take part, singing their socks off at lunch and break times, led and encouraged by College students from each of the four houses.

Even those who wouldn't class themselves as natural born singers will get involved, giving the lungs a good workout, and singing in a choir has many benefits. As part of the City Of London festival, Professor Graham Welch from University College London talked about the benefits of choral singing, both physical and mental. Because singing involves many different areas of the brain acting in concert, there are often associated cognitive benefits, such as improvements in students' reading ability. There are also social and psychosocial benefits, as singing in a collective can improve participants' sense of belonging and of being socially included by engendering a positive sense of community. This sense of community is perhaps the most treasured of all our assets at Howell's. The Eisteddfod heats start in the next few weeks, and I look forward to listening out for all our students' voices raised in song, whether in tune or not.