

# THE MUSIC ADVANTAGE

**A presentation of the NBES music program**

Education Committee JAN 2025



NBES students receive:

- \* 60 minutes of music learning weekly
- \* Winter Concerts opportunities
- \* Seasonal choir program opportunities
- \* Ukulele performance opportunities (4-7)
- \* Concert Band Program (5-7)
- \* Celebration of Music Week (May/June)





## Qualicum School District Strategic Plan:

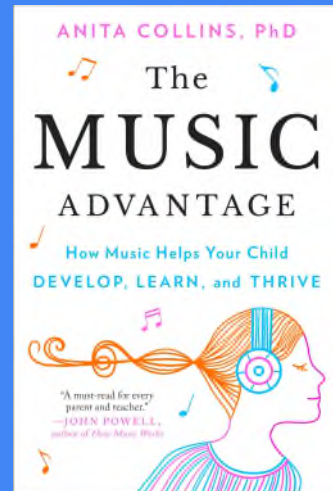
MUSIC LEARNING PROVIDE OPPORTUNITIES FOR STUDENTS TO:

- \*explore their Identity and full potential
- \* learn competencies that lead to a successful life beyond school
- \* belong & be in community
- \* build connection, social responsibility, leadership



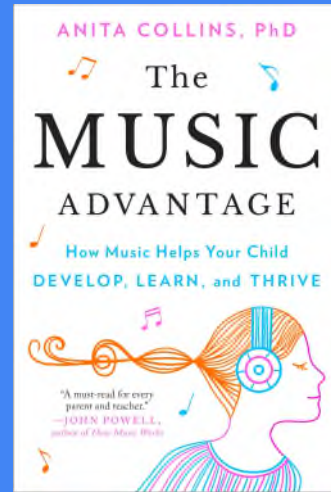
## KEY POINTS:

1. Music Education is a significant contributor to strong academic outcomes
1. Music Education benefits brain development profoundly
2. Music Education is a considerable contributor to overall development of CORE COMPETENCIES
1. Music Education creates: belonging, community, emotional/social regulation and connection



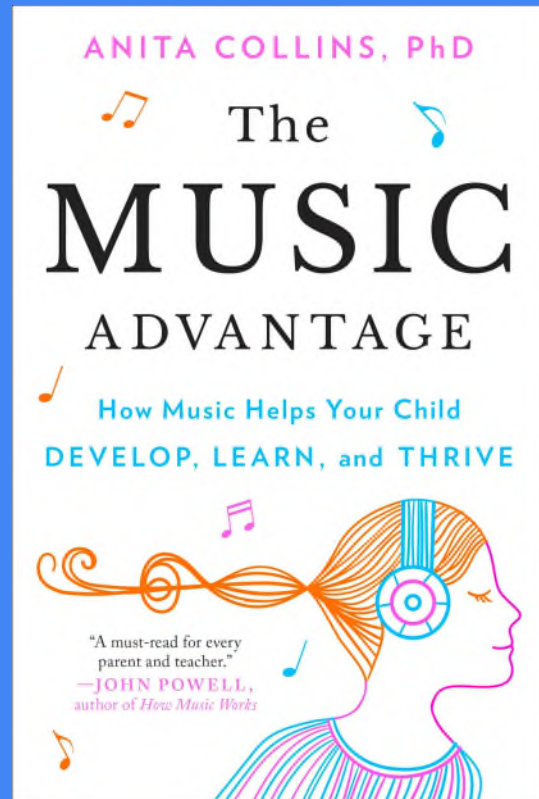
# What is the 'music advantage'?

NBES MUSIC  
2023/24



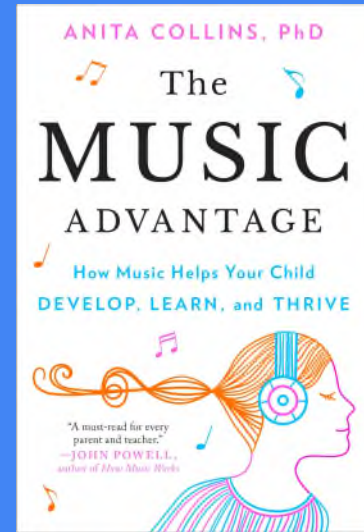
# What is the 'music advantage'?

## Why invest in 'music learning' for our students?



# What is the 'music advantage'?

- A musically trained brain is identifiably distinct
  - EEG, PET & MRI scans demonstrate the brain 'LIGHTS UP'

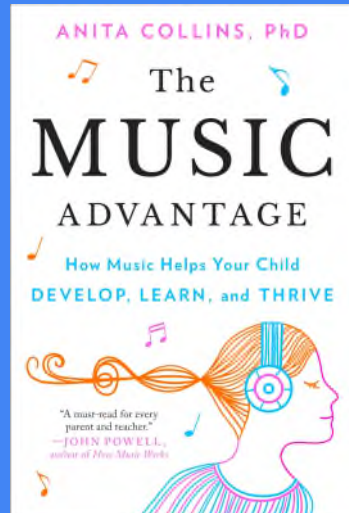


# What is the ‘music advantage’?

- A student with a musically trained brain develops stronger literacy skills

“Music training in kindergarten can contribute substantially to the development of inhibition control and phonological processing.”

Bolduc, J., et al. (2020). The impact of music training on inhibition control, phonological processing, and motor skills in kindergarteners: a randomized control trial. *Early Child Development and Care*.



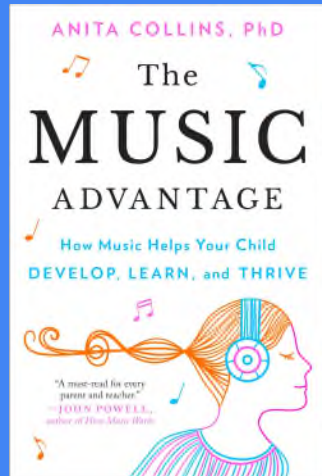


# What is the 'music advantage'?

- A musically trained brain supports stronger development of spatial awareness, auditory processing and coordination

“Time allocated for high-quality music education which includes support for children in learning to coordinate their movements to a beat is likely to have benefits for all children in terms of their literacy, in addition to enabling them to develop their musical skills.”

Hallam, S. (2019). Can a rhythmic intervention support reading development in poor readers?. *Psychology of Music*, 47(5), 722-735.



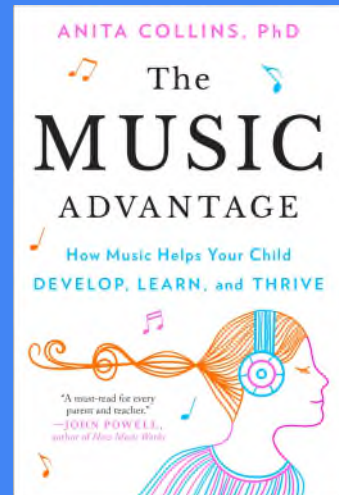
# What is the 'music advantage'?

- A student with a musically trained brain
  - Experiences higher IQ scores
  - Better overall academic performance
  - Improved working memory

An extensive study has found that students who studied music in primary school and into high school were almost one year ahead of their non-musically trained peers in their Maths, Science and English performance.

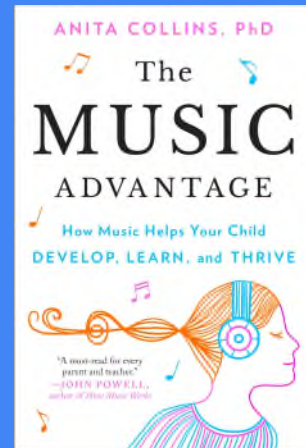
Guhn, M., Emerson, S. D., & Gouzouasis, P. (2020). A population-level analysis of associations between school music participation and academic achievement. *Journal of Educational Psychology*, 112(2), 308.

 Bigger  
Better  
Brains

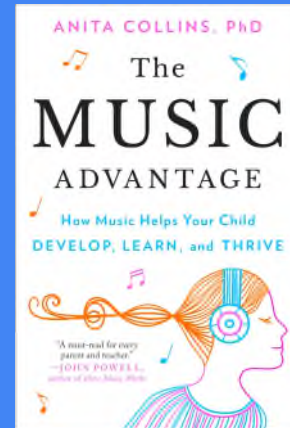


# What is the 'music advantage'?

- A student learning music is learning:
  - \*math
  - \*PE (coordination)
  - \*Language
  - \*History
  - \*Science
  - \*Social/Emotional
  - \*Art
  - \*Reading



# What is the 'music advantage'?





# What is the 'music advantage'?

## HOW MUSIC CAN Strengthen Relationships

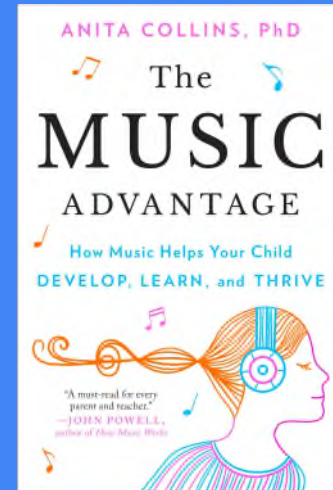
Music plays a large role in our social relationships. Musical activities help us connect with other and enjoy a shared experience. Here are just a few ways that music helps concrete our social bonds.

- Contact, Coordination, Cooperation**  
Working with others to make music fosters positive social emotions. Our brains release endorphins, which gives us a feeling of togetherness. We also feel trust and connection during musical activities.
- "I feel what you feel"**  
Listening to music or performing music together increases feelings of empathy. We recognize emotions in music and feel ourselves more able to understand what our musical partners are going through. This helps us grow bonds with others.
- Hormone Production**  
Music causes increased production in dopamine, serotonin, and oxytocin. Oxytocin, in particular, is associated with an increase of confidence, empathy, and generosity. When music produces feel good chemicals, we feel more closely attached to others during musical activities.
- A Sense of Belonging**  
Music can communicate feelings of belonging, especially through shared experiences. Music also suggests shared values. When people participate in music together, they feel a shared sense of community, security, and connection.

Sources: [https://greatgood.developers.com/articles/your\\_music\\_strengthens\\_social\\_bonds](https://greatgood.developers.com/articles/your_music_strengthens_social_bonds)  
<https://openstax.org/r/music-strengthens-social-relationships>  
<https://www.therapies.com/education/relationship-building-through-music>  
<https://www.therapies.com/2020/04/15/make-apps-music-can-help-strengthen-relationships/>

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**Musically Online**



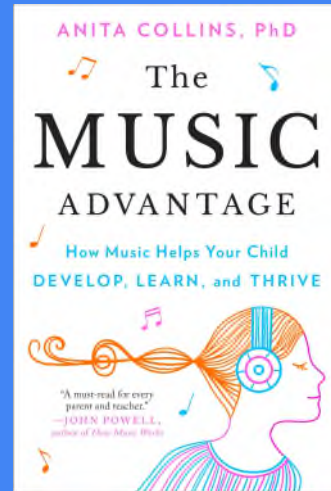
# What is the 'music advantage'?

## THIS IS NOT JUST A CHOIR.

This is also a tool for  
lowering stress.

It will activate their reward  
network & reduce cortisol.

This improves mental health.



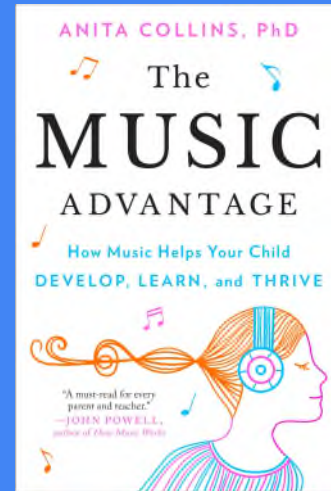
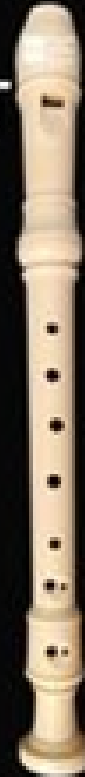
# What is the 'music advantage'?

**THIS IS NOT JUST  
A RECORDER.**

This is also a tool for  
sensory connectivity.

It will trigger your  
auditory, visual & motor  
cortices to interact.

This will make  
remembering new  
information easier.



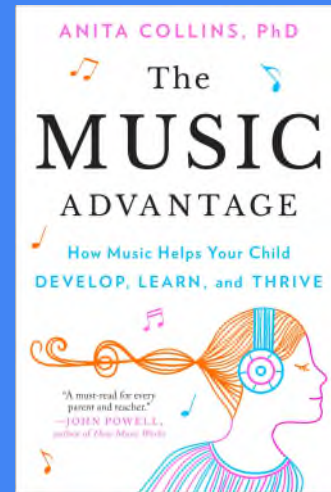
# What is the 'music advantage'?

**THIS IS NOT  
JUST A SAX.**

This is also a tool for  
social engagement.

It will hone your  
empathy and  
helping behaviours.

This will boost your  
enjoyment of school  
and learning.





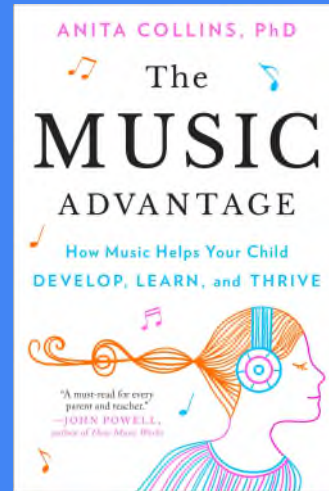
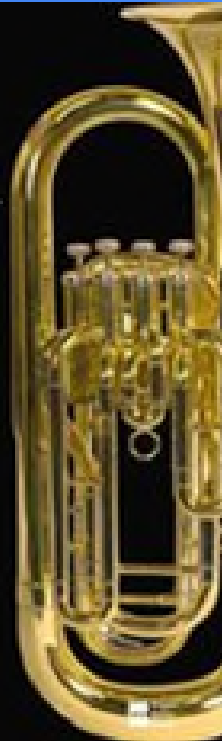
# What is the 'music advantage'?

**THIS IS NOT  
JUST A TUBA.**

This is also a vehicle  
for executive function  
enhancement.

It will improve your  
spatial skills and  
abstract thinking.

This tones your  
analytical brain.



# *My favorite thing about music class is...*

- \*playing bucket drums - ( Hunter )
- \*playing the ukuleles - (Vaughn)
- \*all of the games! (Keira )
- \*the opportunity to MC our Christmas Concert - (Grace)
- \*participating in the 'Dance Challenges' - (Isabella)
- \*learning about 'jump bands'! (Abi)
- \*freeze dance! (Courtney )

# My favorite thing about being a band student is...

- \*playing a cool instrument - (Vaughn)
- \*learning how to persevere! (Annabelle)
- \*learning how to read & play music - (Clara)
- \*having fun in a group (Abi)
- \*learning how to make a commitment to a team-(Phaedra)
- \*participating in the festival! (Emma)
- \*band trips! (EVERYONE!!)

# NBES Music



Resources:

Build Better Brains:

<https://buildingbetterbrains.com.au/>

The Music Advantage:

[https://www.ted.com/talks/anita\\_collins\\_how\\_playing\\_an\\_instrument\\_benefits\\_your\\_brain](https://www.ted.com/talks/anita_collins_how_playing_an_instrument_benefits_your_brain)

[https://www.youtube.com/watch?v=WsxcvejCj\\_o](https://www.youtube.com/watch?v=WsxcvejCj_o)

Musicplayonline/Themes & Variations

Singing  
exercises your  
heart, lungs,  
and releases endorphins,  
making you **feel**  
**good.**

kismettry.com

*End of presentation*