



## Hertfordshire Music Service

St Albans Music School

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Dear Parent / Carer,

Teaming up with Radio Verulam and Charanga, we invite your child to participate in **Sing St Albans** – our massed lockdown musical project bringing children and families together across the city.

In our pack, you will find lyrics, performance videos and backing tracks for our massed song, **Let Your Spirit Fly**. We invite your child to record themselves singing (audio or video), sending it in to create a massed piece. If your child plays a musical instrument, they may also / instead wish to send in a recording of themselves playing an instrumental part.

### Why take part?

In this tricky time, we all need positive things to focus on! Singing is great for wellbeing – it **boosts endorphins**, allows you to **express yourself**. helps **build your confidence**.

Singing is great for **good health** – we breathe more deeply, exercise our core, and **physically move** - something we're all doing less of at the moment!

Singing together helps **build a sense of community** – we hope it will help us to feel more connected with others when we can't see them in person.

### How do I take part?

Please see attached instruction booklet.

For video submissions, we also require a completed **consent form**, just to make sure you know all the details about how your video will be processed. If your child does not wish to be filmed, they can still take part by submitting an audio-only recording.

### How long do I have to do it?

Please send in all completed recordings to us by no later than **Friday 12<sup>th</sup> March**.

### When will I get to see it?

The song will be **broadcast on Radio Verulam** on just before the Easter holidays, and will be **shared online** via our platforms.

If you have any queries or require any further information, please don't hesitate to get in touch.

Yours sincerely,

Rachel Curson

Head of St Albans Music School

