

## Caloundra City Private School

### The Wonderful Benefits of Music

For thousands of years' music has played a vital role in society. Music is fun; a source of entertainment and enjoyment. Music is science and mathematics. Music plays a role in medicine and psychology. Music education contributes to greater brain development and higher academic results in school-aged children. Music is a language. What is most amazing, is music is simply the vibration of air particles, which travel to your ears from the vibration of the object making the sound.

"I would teach children music, physics, and philosophy; but more importantly music; for in the patterns of music and all the arts, are keys to learning" – Plato

"Why does music, being just sounds, remind us of the states of our soul?" – Aristotle

"Music was known and understood before words were spoken" – Darwin

"There is geometry in the humming of the strings, there is music in the spacing of the spheres" – Pythagoras

Regardless of your age, if I were to ask you to name the 14th letter of the alphabet it is quite likely that you will sing the melody of Twinkle Twinkle Little Star using the letters of the alphabet. Even if you don't sing the melody in your head, you will most likely recite the alphabet in order with the rhythm of the song (notice how you say "Imnop"). This is the same part of the brain that is ignited in dementia patients who may not remember or recognise their close family, but can somehow remember the lyrics of their favourite songs as far back as their early childhood. These vibrating air particles can do incredible things!

Here is a list of musical facts that have been researched and documented:

- Music students score 22% better in English and 20% better in mathematics
- American SAT (college entrance exam) scored 57 points higher on the verbal portion of the test and 43 points higher on the math portion
- Music aids in reducing depression and anxiety
- Influences heartbeat, pulse rate, and blood pressure
- Improves overall brain function
- Improves visual and verbal skills
- Music helps kids learn in other subject areas
- Playing music improves concentration, memory, and ability to express feelings
- Top academic countries such as Hungary, Netherlands, and Japan have strong commitments to music in their school from early primary years
- Learning music helps underperforming students improve
- A ten-year study in the America found that students involved in arts programs were less likely to be involved with drugs, crime or have behavioural problems

- 23% of Australian State Schools are able to provide students with effective music education
- 88% of Private Schools provide music education programs

Music is much more than learning scales and a couple of songs a year to play in an exam. It is much more than playing two songs a year in a school concert band or wind ensemble. It is part of your everyday life, perhaps more than you may notice. From movies to advertising, TV, radio, relaxation, motivation, the gym, the shops; music is everywhere, all the time. In my role as a Music Educator, I encourage everyone I come in contact with, to consciously use music to help and enrich their daily lives.

Dave Grohl (drummer for Nirvana and lead singer/guitarist of Foo Fighters) said it best: "that's one of the greatest things about music – you can sing a song to 85,000 and they will sing back for 85,000 different reasons."

Paul Cusick

Head of Music  
Caloundra City Private School