

# HSD CLASS NOTES: 2022.11.08

November 8, 2022

TO: ALL WONDER HSD MEMBERS

MEMO: **HSD CLASS NOTES: 2022.11.08**

DATE: Tuesday, November 8, 2022

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## MEMORY VERSES ([SEE ALL](#))

**Scripture of the Month:** Genesis 9:12-13 – God said, “This is the sign of the covenant which I make between me and you and every living soul that is with you, for everlasting generations: I set my rainbow in the cloud, and it will be a sign of a covenant between me and the land.” – Genesis 9:12-13

**Character Scripture:** 2 Corinthians 7:1 – “Having therefore these promises, beloved, let’s cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God.” – 2 Corinthians 7:1  
World English Bible (WEB)

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## PRELUDE BAND (Beginner Students)

- Practice Time: 15+m/5d
  - Method Book 1: Review Pages 10-11, page 39 #4-39 Work on page 12 #42 and #43 and all of page #13 Test #43 and #49
  - (French horns work on – For French Horns Only options for all songs and always chose the low notes)
  - Flute
    - Practice pages 13-14. Continue to practice fingering and playing correcting through mouth piece with your breathing.
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## TRAINING BAND (2nd Year Students or Above)

- Practice Time: 30+m/5d
  - Memorize first 5 measures of all scale skills #2, #6, #12, #23. Compose second half of #15. Page 6 and 8.
  - Trumpet Trio: “Foundations” book page 6 all options. Work on scales on pages 42-43. Work on Flexible praise music.
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## PRELUDE ORCHESTRA (Beginner Students)

- Practice Time: 15m/5d

- Cello

- Listen: Suzuki Playlist (<https://www.youtube.com/watch?v=xgjR0fXvXDg>)
- Listen to the recordings of the Twinkle variations (<https://youtu.be/0PC7G0nvMEg>)
- Check out any other videos of yoyo ma: From Vol 6 Suzuki (<https://youtu.be/3qrKjywjo70>)
- BOW ASSIGNMENT
  - Up Like a Rocket
  - Grass hoppers
  - Rock'n'roll
  - Small bow stroke (one click)
  - Sound of open strings in "lane 3"
  - \*ringing tones\* – 2 whole bows per ringing tone.
- Scale, you may take time placing your fingers down so everything is prepared. Starting on open D: 0, 1, 3, 4 going to the A string same fingering: 0, 1, 3, 4  
Use the rhythms below for the scale:
  - Mississippi Stop Stop
  - Strawberry Pineapple
  - Watermelon Peanut Butter
  - Run pony jump pony
  - Happy, I'm happy
- Twinkle Variations
- Good Cello Posture
- Pluck strings with right hand (thumb on side of fiberboard)
- Hovering fingers
- Ski jumps – all fingers, all strings
- Left hand pizzicato- all fingers all strings
- Parts of the cello:
  - Scroll, Pegs, Peg box, Nut, Strings, Finger board, Neck, Shoulder bouts, C-bouts, Lower bouts, Front, Back, F holes, Bridge, Fine tuners, Trail piece, Sounds post, Bass bar, End pin

- Viola

- Watch: [https://www.youtube.com/watch?v=vldG\\_Too59c](https://www.youtube.com/watch?v=vldG_Too59c) (video of most of what we added this week)
- Listen: Suzuki Playlist (<https://youtu.be/BuhoXS51ufI>)
- Observation (3x a week): Csardas (<https://youtu.be/EsMBiYDONrg>)
- Body Balance Sequence (3X a day): ([print attachment](#))
- Rest to play position
- Bow Stuff
  - Bow the Shoulder Rhythms
  - Mrs. Twinkle Stop Stop
  - Zip Twinkle, Zap Twinkle
  - Apricot, Apricot
  - Twinkle Little Baby Brother
  - Twinkle (shh) Pop (do not move on shh)

- Grandpa, grandpa, grandpa, slow
- Put bow hand onto bow at least 20X daily.
- bunny hugs (with bow on shoulder press up with thumb and then release)
- bunny motions – up like a rocket, wheels on a bus, windshield wipers, fishing, stir the soup or cookies, Bounce off hand, fishing, hook bow to viola pinky. Wave and big bow motions.
- Move bow from pinky to A string, practice string changes.
- Hand leads going from A – D. Elbow leads going from D – A. (booms)
- Silent A rockets
- pulse keeping
- musical alphabet
- finger taps w finger numbers
- hand in playing position, place 3rd finger
- viola parts (this is the scroll, pegs, fingerboard, strings, bridge, f-holes, fine tuners, tailpiece)
- string names while plucking CCC going up to GGG going up to DDD going up to AAA Going down to DDD going down to GGG going down to CCC
- viola in rest position
- take a bow w/viola in rest position
- in rest position hang left thumb on neck
- in rest position tap top of viola on C string side with left hand
- shuttle (slide hand up and down fingerboard)
- slide fingers on left hand one at a time
- tap fingers one at a time with hand against bout
- with viola on collarbone (playing position) nod head yes and no, and infinity signs
- 4 string pluck swing elbow
- Violin
  - Watch Pre-twinkle: Setup Exercises Videos: <https://a-musician-is.com> (password: amusicianis)
  - Listen: Suzuki Playlist (<https://www.youtube.com/watch?v=gfU-00JeFbY>)
  - Rest to play position ([https://www.youtube.com/watch?v=UAE87XSSW9c&list=PLQgFue6DLggg\\_7ggJE7c9uBmU3F7UsW3Y&index=3&t=198s](https://www.youtube.com/watch?v=UAE87XSSW9c&list=PLQgFue6DLggg_7ggJE7c9uBmU3F7UsW3Y&index=3&t=198s))
  - Clapping Rhythms ([https://www.youtube.com/watch?v=Hlp0McYrNaw&list=PLQgFue6DLggg\\_7ggJE7c9uBmU3F7UsW3Y&index=1&t=4s](https://www.youtube.com/watch?v=Hlp0McYrNaw&list=PLQgFue6DLggg_7ggJE7c9uBmU3F7UsW3Y&index=1&t=4s))
    - Mrs. Twinkle Stop Stop
    - Zip Twinkle, Zap Twinkle
    - Hippity Happity
    - Twinkle Little Baby Brother
    - Twinkle (shh) Pop (do not move on shh)
  - Bunny to Bow Grip ([https://www.youtube.com/watch?v=Ncyzq-N1Kvk&list=PLQgFue6DLggg\\_7ggJE7c9uBmU3F7UsW3Y&index=2&t=118s](https://www.youtube.com/watch?v=Ncyzq-N1Kvk&list=PLQgFue6DLggg_7ggJE7c9uBmU3F7UsW3Y&index=2&t=118s))

- 20 bow holds!
  - Up Like a Rocket
  - Scrubbing
  - Penguins
  - Bowing the shoulder
  - Bow the A string
  - Modified Penguins
  - Climb Monkey  
([https://www.youtube.com/watch?v=rMVM\\_foPqBg&list=PL0gFue6DLggg\\_7ggJE7c9uBmU3F7UsW3Y&index=39&t=14s](https://www.youtube.com/watch?v=rMVM_foPqBg&list=PL0gFue6DLggg_7ggJE7c9uBmU3F7UsW3Y&index=39&t=14s))
  - Walking Finger-
    - Pizz. Mrs. twinkle on the A string
    - Place your third finger down and pizz. Mrs. twinkle
    - When you pizz. The first stop while your third finger is down place the second finger down. DO NOT LIFT THE THIRD. When you have finished pizz. The whole rhythm lift your third finger
    - Start pizz. Your second finger with mrs. twinkle. When you reach the first stop of the rhythm place your first finger down. When you complete the rhythm lift the second finger
    - Start pizz. With the first finger. When the rhythm is complete lift your first finger
    - Pizz. the a string with mrs. twinkle
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## **TRAINING ORCHESTRA (2nd Year Students or above)**

- Practice Time: 30m/5d
- Scales (3x each)
  - G Major
  - D Major
- Repertoire (say notes, clap, play 3x each using different bow styles)
  - Amazing Grace
  - Oh When the Saints
  - Raindrop Serenade
- Cello
  - C Major scale 2-8ves – use 2nd finger on D and A strings, not 3rd finger
  - Twinkle
  - French Folk Song
  - Lightly Row
  - Song of the Wind
  - Go Tell Aunt Rhody
  - O Come Little Children\* up-bow start!
    - \*allegro – fast whole bow at the start. Smooth bow on 3rd line.
- Viola
  - Listen: Suzuki Playlist (<https://youtu.be/BuhoXS51ufI>)
  - Observation (3x a week): Csardas (<https://youtu.be/EsMBiYD0Nrg>)
  - Twinkle
  - French Folk Song

- Lightly Row
  - Song of the Wind
  - Go Tell Aunt Rhody
  - O Come Little Children
  - May Song
  - Long, Long Ago
  - Allegro
    - March while playing
    - Detache, staccato, bow lifts, 1231 pop 2, don't let 3 go high
  - Preparations: Play pieces on G string
  - Note Reading: Lesson 16-18 build to tempo of quarter=108
  - Viola Placement Review.
  - Voila Hold review.
  - Say letter names in one piece every day
  - Violin
    - Twinkle
    - Lightly Row
    - Song of the Wind
    - Go Tell Aunt Rhody
    - Climb monkey with fourth finger taps
    - Practice moving your thumb from the outside to inside the bow with bunny to bow grip exercise
    - O Come Little Children
    - May song
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### **MIDPOINT ORCHESTRA (3rd Year Students or above)**

- Practice Time: 60m/5d
- Scales/Arpeggios/3rds, different bow technique
  - D Major
  - A Major
- Hornpipe: m. 40-end
- Aria: m. 38-end
- Sea Songs
- Cello
  - 3-8ve 5 sharps is the next key – try circle of 5ths w/ relative minor, from 0 sharps/flats, adding a flat, until you get to 7 flats (also 5 sharps) C-flat Major = B Major
  - Schroeder 43, page 2
    - G major Bach suite – Please have a look through the Sarabande for next week.
  - Please prepare something to play for next week's class, Nov 15.
- Viola
  - Observation (3x a week): Csardas (<https://youtu.be/EsMBiYD0Nrg>)
  - Listen: Suzuki Playlist: Book 3 or 5 whichever book working in
  - Suzuki Book: 3 Martini Gavotte
  - Scales: C,G,D,A, G major arpeggio GBD
  - Suzuki Review: First 4 pieces in book 3

- Shifting exercise
  - Vibrato
  - Viola placement, finger taps, finger slides, have line on finger above fingerboard. Shuttle.
  - Violin
    - Listen: Suzuki Playlist
    - Scales: G Major
    - Suzuki Review
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## RECORDERS 1

- Practice Time: 15m/5d
  - Listen to these recordings as part of your practice:
    - Au Claire De La Lune: [https://www.youtube.com/watch?v=wBuAk0Pp\\_ws](https://www.youtube.com/watch?v=wBuAk0Pp_ws) (again, follow along with the music)
    - Rolling Merrily: <https://www.youtube.com/watch?v=Z1Xfsl0WXzI>
  - Make sure you follow along closely with tempo – don't go too fast. You can slow down the video if you need to.
  - Clap through Rhythm Chart 2 (page 8).
  - I really want us all to play these songs together next week!
  - This is a lot of options for practice time, so please try to practice 15 minutes a day! Have a great week!  
~Miss Emily  
P.S. My favorite color is purple...I'll ask you this next week to see which of you read these notes ☐
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## RECORDERS 2

- Practice Time: 15m/5d
- Please work on Rockin' Along, Kum Ba Yah, and This Old Man
- Here is a video for Kum Ba Yah:  
<https://www.youtube.com/watch?v=01JFokOSSNo>
  - This is just so you know what the song sounds like and to get the beat. The notes are different in your music.
- Keep working on This Old Man (Titus and John: top line; Ruth and Shy; bottom line). I'd like to play it with everyone!
- Work mostly on Lines 2 and 3 of Rockin' Along.
- Play all the way through Kum Ba Yah. Listen closely to the video for tempo and follow along in your music.
- This is a lot of options for practice time, so please try to practice 15 minutes a day! Have a great week!  
~Miss Emily  
P.S. My favorite color is purple...I'll ask you this next week to see which of you read these notes ☐

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## PRIME CHOIR

- Practice Time: 15m/5d
- Warmup
  - Do, Do Re Do, Do Re Mi Re Do... warm up (WITH HAND SIGNS)  
([https://www.youtube.com/watch?v=tr1\\_5heh88o](https://www.youtube.com/watch?v=tr1_5heh88o))
- Rev. 19
  - Listen: (<https://www.youtube.com/watch?v=8eKCFqhUll0>) (with words:  
<https://www.jwpepper.com/sheet-music/media-player.jsp?&type=audio&productID=10998361>)
- May a Rainbow
  - Listen:  
(<https://www.jwpepper.com/sheet-music/media-player.jsp?&type=audio&productID=10866281>)
  - SOPRANO TRACK:  
[https://drive.google.com/file/d/1hpij0m\\_l-\\_wikI4upkBiPN1NiE0huTj5y/view?usp=share\\_link](https://drive.google.com/file/d/1hpij0m_l-_wikI4upkBiPN1NiE0huTj5y/view?usp=share_link)
  - ALTO TRACK:  
<https://drive.google.com/file/d/1fvAtlxnXpwwf3TVQfk8Tpb62pkgS16iE/view?usp=sharing>

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## YOUTH CHOIR

- Practice Time: 20m/5d
- Warmup
  - Do, Do Re Do, Do Re Mi Re Do... (WITH HAND SIGNS)  
([https://www.youtube.com/watch?v=tr1\\_5heh88o](https://www.youtube.com/watch?v=tr1_5heh88o))
  - Do Re Maj.2nd (Happy Birthday), Do Mi, Maj. 3rd (Oh, When the Saints)
- Rev 19
  - (<https://www.youtube.com/watch?v=8eKCFqhUll0>)
  - Practice your part on “Rev 19”; breathing at breath marks, tall vowels.
- Gather Down By the River to Pray
  - Listen:  
(<https://www.jwpepper.com/sheet-music/media-player.jsp?&productID=10089827&type=audio>)
  - NEW!! T/B VOICE PART:  
<https://drive.google.com/file/d/1-Vr5rqD7wA4Uo8NXmmYlA2XDvz0ExPUH/view?usp=sharing>
    - Tenors, m26- you are the “mi” in the chord on “crown”!
    - Everyone, “crown” should not be punched. Nice “ah”.
  - NEW!! ALTO VOICE PART:  
<https://drive.google.com/file/d/12itNgAdI90NTHG1pJKY7MjKFo0EDpCr0/view?usp=sharing>
  - NEW!! SOPRANO VOICE PART:

[https://drive.google.com/file/d/1ET442IhxQCEtyo8mxVsayll8N3rmh2yG/view?usp=share\\_link](https://drive.google.com/file/d/1ET442IhxQCEtyo8mxVsayll8N3rmh2yG/view?usp=share_link)

- Over the Rainbow/What a Wonderful World
    - Listen: (<https://www.jwpepper.com/sheet-music/media-player.jsp?&productID=11002093&type=audio>)
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## **SIGNS AND WONDERS: ASL SIGNING CHOIR**

- Practice the vocabulary we've introduced in YOUR class. You can use the ASL Dictionary as a resource to remember the signs.
  - ASL Dictionary (<https://www.signasl.org/>)
  - Revelation 19 (<https://www.youtube.com/watch?v=8eKCFqhUll0>)
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## **MUSIC FOUNDATIONS**

- 1B & 2A: review measures 1-8 of [Daily Do](#) – All
  - 1A & 2B: review measures ALL of [Daily Do](#) – try to play Daily Do on a piano or your primary instrument
  - [Solfège Video](#)
  - Those with theory books: you may work on them at home if you wish, but you don't have to for now. Please remember to bring them to class along with a pencil.
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## **DANCE**

- Practice Time: 10m/5d
- Stretch! Stretching will help you to become more flexible and get your muscles ready to dance!
- Foot positions (1st, 2nd, 3rd, 4th, 5th)
- Arm positions (preparation, 1st, 2nd, 3rd, 4th, 5th)
- Balancing in 1st position Releve. The more you practice, the better your balance will become.
- Plie combination: 1st Position, 2 plie, 2 grande plie, stretch forward. 2nd Position, 2 plie, 2 grande plie, stretch side. 5th Position, 2 plie, 2 grande plie, stretch back.
- Tendu combination: 1st position, 4 tendu front, 4 tendu side, 4 tendu back, 4 tendu side. Repeat. Balance in 1st position Releve.
- Dega Je #1: 1st position. 4 dega je front, 4 side, 4 back, 4 side. 2 dega je front, 2 side, 2 back, 2 side. 1 dega ja front, 1 side, 1 back, 1 side. Balance.
- Dega Je #2: 1st position. 2 dega je front, 2 quick taps, close. repeat side, back, side. Repeat all. Balance.
- Rond de Jambe a terre: 1st position. 2 slow front, 3 quick front, plie. 2 slow back, 3 quick back, plie. stretch front. stretch side. stretch



back. Balance in Passe.

- Grand Battement: 1st position. 4 front, 4 side, 4 back, 4 side.
  - Reverence.
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## **OPEN GYM**

- No class notes for this week.
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## **ART (DRAWING & WATERCOLOR)**

- No class notes for this week.
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## **ART (TEXTILES – EMBROIDERY)**

- Continue practicing stitching and stitches learned on blank fabric you cut out in class.
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## **ART (PHOTOGRAPHY)**

- Practice composition by arranging visual elements in the frame. Try different angles. Pick two photos to document in photo journal
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## **THEATER**

- No class notes for this week.
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## **LITTLE MOVERS & LITTLE SHAKERS & LITTLE CYCLES**

- Listen to your cd and pick a few activities to do each with your children. Developing a musical routine gives children confidence, builds family togetherness and sets in place a "practice time when appropriate"
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## **MUSIC MAKERS 1**

- Listen to you CD/Recording. Copy your blue cards. One in each box. Turn your paper over and draw me a snail. Children get a sticker if they do their Homework!!! And it will count for points for their teams.

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## **MUSIC MAKERS 2**

- \*Listen to your CD and pick a few activities to do with the family like: Sea Shells – sing and rock. \*Look at the song page and “read it” with your child.
  - \*Use the new cards to put the rhythm of the song to the words:
    - Sea Shell, Sea Shell = card w/ circle du du du du
    - Sing a Song to me: square du-di du-di du;
    - sing about the ocean: du-di du-di du du
    - Tell me about the sea: Du-da-di du-di du
  - \*Listen to Intro to the Orchestra by Benjamin Britten
  - \*Copy the cards in any order
  - Students get a sticker when they return “homework” and points for their team!
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## **DISCOVERY**

- Dance
    - See if you can remember what we learned
    - Foot positions we learned (1st, 2nd, 5th)
    - Arm positions (1st, 2nd, 5th)
    - Plie and Grande Plie
    - Tendu
    - Walking, Marching, Skipping and Leaping!
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## **PLAYROOM WITH GUIDE FOR STAFF AND HELPING HANDS**

- No class notes for this week.
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## **LAB**

- No class notes for this week.
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## **STUDY HALL**

- No class notes for this week.
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## **JUNIOR HELPERS (STUDENT VOLUNTEER)**

- No class notes for this week.