

CHARNWOOD

ARTS

Record your very own school
single with **Just Be You!**

funded by Charnwood Arts

Charnwood Arts' new, fully-funded pilot programme, available to four schools in the Charnwood area **completely FREE!**

Just Be You! uses music and creative expression to celebrate being uniquely ourselves, with an aim to encourage good mental health and wellbeing for children and young people. The programme includes an introductory workshop with a series of creative activities, ongoing support and leads to each school recording their very own **Just Be You!** song. Each school's recording will also be combined to create a community single, with a short visual to accompany (adhering to government guidelines).

Who can take part in Just Be You?

Our creative activities and worksheets covering each element of the song have been developed by the local artist Andrew McWilliam and Chorus Theatre and are targeted primarily at Key Stage 2 pupils, though could easily be adapted for younger pupils. Schools are invited to select the pupils that they feel would benefit most from the programme, be it an entire year group or a smaller group, such as a school choir or music club.

I'm delighted to be able to offer our local schools this amazing opportunity to get involved in being creative and make such a huge difference through music that everyone can enjoy. Just Be You! is a powerful message and we really want you to get involved and benefit from this pilot programme.

CEO Charnwood Arts



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What's included in the programme?

- Just Be You! piano music
- Just Be You! backing tracks (with and without guide vocals)
- Activity worksheets
- An introductory workshop and ongoing support as required
- Mobile recording studio session (in school)
- Professional mixing and mastering
- The school's own Just Be You! recording which you could upload to your own school website for **everyone to hear**
- Your school version included in a community mix of Just Be You!
- A short visual that captures each school's creative process

How long is the programme?

The amount of time that the school would like to spend engaging in using the creative worksheet activities and learning the song, between the introductory workshop and the recording session, can be tailored to meet the needs of the school, providing the recording has taken place by the end of November - so **your single will be available before Christmas!**

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Step by step

1. The school will be provided with all the resources to learn the Just Be You! song and the worksheets for accompanying activities. Charnwood Arts and Chorus Theatre will provide an introductory session and ongoing support over the following weeks (eight or fewer) leading up to the recording.
2. On an agreed date, the recording will be captured by a mobile recording studio brought to the school, coordinated by Charnwood Arts. We will also film aspects of the recording and invite some of the staff and pupil participants to share their experiences (with consent).
3. The recording will be professionally mixed and mastered, ready to be used as a stand-alone recording for the school, and also as a community single when combined with other schools' recordings.
4. Each school will receive their own version of the song, which can be used on their school websites (to raise funds for the school, for instance) and the collated version will be made available to everyone and can be shared with the community through school performances, events and on the Charnwood Arts website.

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Why Just Be You!

It has been well-recognised that the COVID-19 pandemic and lockdown restrictions had a negative **impact on mental health and wellbeing** across the community. A recent study by Oxford University found that children's mental health suffered during lockdown, with primary school children particularly affected.

Music – along with other art forms – is increasingly valued for its perceived health benefits. Participation in live music seems to have a capacity to **change the way that people think and feel**, and this notion now receives more scientific attention than at any time in the past. Oxford University research also reveals that group singing mediates fast social bonding, bringing classmates closer together, which may be helpful at a time when social distancing has prevented normal social activities.

Alongside the benefits of the creative process, the strong message of Just Be You! may also present the opportunity to talk through everyday challenges and issues, such as anxiety relating to the pandemic, grief, making friends, being patient, accepting ourselves and others, coping with change, addressing body image, emotions, bullying, being individual and much more.

The theme of Just Be You! also lends itself as a framework to discuss and explore the **British values of individual liberty, and mutual respect and tolerance of those with different faiths and beliefs**, identified in government guidelines. Through the creative process, it can be used to enable students to develop their self-knowledge, **self-esteem** and self-confidence and to **encourage respect for others**.

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Just Be You

When life rocks your boat - keep steady
When time passes slow - keep patient
If love bleeds you dry - stay tender
If friends can't be found - stay open

When peace leaves your mind - keep hoping
When grief breaks your heart - keep healing
If change leaves you scared - stay calm
If fear grips your soul - stay courageous

Just be you, just be you
That is all that you can do
Do your best
Forget the rest
Keep going

When the night draws in, and the darkness wins
Let the clouds depart, let the daylight in
There is strength in you, there is worth in you
Only you are you

Keep going...

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How do I get involved?

It's simple: if you would like your school to take part in our *Just Be You!* pilot programme, or for further information, please contact our **Community Arts and Wellbeing Coordinator, Beth Hartshorne**, at beth.hartshorne@charnwoodarts.com

Spaces are **limited to four schools** so to secure your participation in Just Be You! please get in contact with us to avoid disappointment ASAP

Click on the link below to listen to one of the schools who has recorded Just Be You! in the past. The staff at Barrowby Church of England Primary School came together in early 2020 to perform to their original recording creating a unique video to support pupils through lockdown.

Click [HERE](#) to see the video and hear Just Be You!



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