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Calendar

Fall Performance Party

Harvest Happening Piano & Pizza Party

Saturday, October 23, 12:00 noon

Prepare your favorite fall, autumn, harvest, or Halloween solos & ensembles!

Sign up with your teacher or at the front desk.

Family Night Programs

Solos, ensembles, snacks, and fun!

Sign up the first week of January for your choice of day and time.

Saturday, January 29 at 5:00 and 6:15 pm

Sunday, January 30 at 2:00, 3:15, and 4:30 pm

(View the full calendar at www.westsidemusicsschool.org/music-studio-calendar.php)

The Great Balancing Act

How Do Today's Students and Parents Manage to Balance Music and Other Activities?

I'll never forget a phone call we received a few years ago from a mom very interested in beginning music study for her child. We started discussing class times available for the student's age and ability level, and at each suggestion, the mom replied, "Oh, we couldn't do it then! She has another activity at that time." After offering several suggestions for both weekdays and Saturdays the mom realized that there was not one hour available during the child's weekly schedule for a music

lesson. (I didn't bother to ask about planning daily practice time!)

It seems that our children's schedules are getting more and more complicated and demanding. So how to capture a balance between being active and overbooked? We asked a few of our students and parents for their advice on how to arrange a child's schedule to allow for pursuit of music as well as athletic activities – both important to a child's development.

We appreciate the great advice from the following students and parents: 9-year old dancer and pianist **Rebecca Bakken** and her mom Barbara; 11-year old swimmer and pianist **Jordan Ashmore** and her mom Jane Wu; 12-year gymnast and pianist **Julianna Mazziotti** and her mom Alexandra; and 13-year old soccer goalie and pianist **Lindsay LaMont** and her mom Dianne.

Rebecca



Rebecca shares her ideas, in her own words, on "how to do a lot of things":

1. Have a day of rest as a reward (I still have to

read, BUT I can read a comic book like Garfield.).

2. There is a day when there is "Go with the flow."
3. I do not play video games or watch TV on school nights (even Sunday).
4. School comes first, music comes second, and two-and-a-half is dance and gymnastics.
5. I do other things instead of TV and video games. I would rather do dance and music and math.

6. I have personal goals that are not from my mom and dad, like reading at least fifteen books in my "Chill Zone" (because I have like a ZILLION!!!) or play the harder version of "Dance of the Sugar Plum Fairy."



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<http://ht.ly/1TvDU>



<http://www.linkedin.com/in/westsidemusic>

“Music is what feelings sound like.”

— Anonymous

Jordan

Jordan's mom Jane is a single mom and full-time employee who has negotiated with her boss to work around Jordan's schedules. Jane says, “Parents do need to sacrifice a lot for their kids.” She believes that learning music benefits her daughter's brain development, as has been proven by research, and she says, “We don't watch TV much.”

Jordan has been enrolled in piano lessons since she was four years old. Jordan's activities include: Chinese School on Sunday afternoons during the school year, swimming activities (2-1/2 hours daily, 5 days a week, plus swim meets on

weekends), and piano class on Monday nights, plus 40 minutes daily practice.

Jane encourages Jordan to give 100% effort in school as well as extra-curricular activities. Jordan is one of the top five Oregon swimmers in her age group, and the best in free and butterfly. Her goal is to participate in the Olympic games.



Julianna



When three-year old Julianna started taking classes at Westside Music School, it seemed like a major accomplishment that her Mom managed to have balanced pre-school, play dates, naptime, and teeth brushing with 20 minutes of practicing piano daily. Ten years later, the balancing act has become exponentially more challenging. Julianna is no different from all kids: Busy every day of the week with after-school commitments, homework, and sports.

As a five time competitor in the Junior Olympics for Rhythmic gymnastics, Julianna chooses to spend between 20 and 25 hours

per week training. Finding time to maintain a 4.0 grade point average seems as though it would be enough to add to her list of goals. But her life is not grand unless it includes playing the piano.

“So many people have asked me what the secret is to having Julianna continue to enjoy playing the piano. Honestly, I can't take the credit as her Mom, and I can't say that she was born with a skill or passion for playing. The secret is the sense of community that she shares once a week with her teacher and her piano peers at Westside Music School.”

Julianna's mom admits to nagging about many things, “but with piano, I stopped nagging after Harmony Road Book 4. After these kids have made it that far, they are mature enough in piano to know when and how they need to practice, and they will get to it because they won't let their

teacher and classmates down.”

When asked for tips on how to find time for the piano, Julianna says that she finds it helpful to choose the two days that are the least busy on her schedule and put a lot of effort into those practice times. On the busier days, she chooses one piece of music to focus on for the day. She might play it a couple of times in the morning while waiting for her bagel to toast, or after school before gym. She says, “It's a skill I want to have for life. The thing that I never do is put off playing the piano. I just choose to enjoy it.”



Lindsay

Lindsay started playing the piano when she was in Kindergarten. A friend she met at school invited her to sign up for lessons at Westside Music School. Both girls also started playing soccer at the same time. Lindsay's passion for both music and sports really started to take off from that point forward.

She has received several awards for piano, and now that she's an 8th grade student at ISB, she has also learned to play the alto sax and trumpet. She was invited to be in symphonic band this year, which is intended for High School kids, so her piano background has given her a strong foundation for music study.

Her love for soccer and her team really accelerated last year when she made the Olympic Development Team, and her Tualatin Hills United Soccer Club team, Mercury, won the U13 State Championships to advance to the Regional Tournament in New Mexico. Lindsay plays goalie and in addition

to the team training, she attends additional goalie training.

From a young age Lindsay has always been strong at managing her time. She does her school work when she gets home in the afternoon, followed by some piano, and then it's off to soccer practice. She also finds time to practice piano in the mornings before school. She stays motivated by having fun with music. She loves to play "rockband" with the guitar and drums, and also has a keyboard in addition to her upright piano. Lindsay also enjoys taking popular songs from iTunes and teaching herself to play them on the piano. Both music and sports take a lot of practice and commitment, and Lindsay has learned that practicing can really make a difference in her performance.



Events

The Portland Symphony

KinderKonzerts (Strings):
The Story of Abbie Burgess
- Several October Dates

PSO Pops! Simply Sinatra -
11/13-14

The Magic of Christmas -
Several December Dates

Visit <http://www.portlandsymphony.com/Events.html> for more details.

The Cedar Mill Cider Festival

Sunday, Oct. 17
1 to 5 p.m. at the John Quincy Adams Young House, 12050 NW Cornell Road (Cornell near 119th). Admission is free.

2010-2011 Holidays

- ♫ Thanksgiving—11/25-28,
- ♫ Winter Break/Christmas—12/21 - 1/2
- ♫ Spring Break - 3/21-25
- ♫ Memorial Day 5/30
- ♫ Independence Day— 7/4

Common Threads

These students are all very active children and, with the help of their families, have managed to balance all of the activities they're involved in very well. In hearing their stories, there are some common threads that we can point to that enable that balance:

- ♫ A good support system at home
- ♫ Active participation by parents
- ♫ Scheduling - Setting a scheduling and

allowing the child to manage part of that themselves, with a little help from the parent in setting priorities

- ♫ Making sure there's also some down time to relax - don't allow for over commitments
- ♫ A lot of encouragement
- ♫ A minimum of electronic distractions that result in 'sitting around' and don't stimulate physical or mental development

- ♫ Making sure that fun is an important aspect of everything

Managing your busy life and commitments around your child's busy schedule isn't an easy thing to accomplish, but it can be done. As your child matures and develops in sports, music, or whatever activities they enjoy, you'll see your sacrifice pay off... just be sure to help them keep a balance and not be over committed.

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