



Music News

Monthly Newsletter of St Monica's College
Music Department

PRINCIPAL'S CUP FOR SONG

The Principal's Cup for Song is a solo voice competition AND one of the annual Principal's Awards. This year the event will be held as an online virtual performance and we look forward to the following finalists sharing their performances: Chanel Fiteni, Ava Villella, Cidelle Rodrigues, Anisija Dimoski, Aliya Awad, Alaina Santos, Rhea John, Ascah Thankachen, Shania Dawood, Anoushka Pillay, Victoria Scali and Luzella Costa.

The Adjudicator for the 2021 Principal's Cup for Song is Tania Grant. Tania is a highly sought after and experienced voice teacher, choral director and musical theatre vocal director based in Geelong and we look forward to the valuable feedback she will provide to students.

Details of the online broadcast will be made available at the beginning of Term 4 and we wish all participants the very best with their preparations.



UPCOMING MUSIC EVENTS:

Principal's Cup for Song

Online Broadcast Term 4

Piano Competition

Tuesday 12 October

MADD Night

Friday 15 October

St Monica's College,
Epping

PRINCIPAL'S CUP FOR SONG 2021

Virtual Event

Featuring Finalists:

<i>Chanel Fiteni</i>	<i>Rhea John</i>
<i>Ava Villella</i>	<i>Ascah Thankachen</i>
<i>Cidelle Rodrigues</i>	<i>Shania Dawood</i>
<i>Anisija Dimoski</i>	<i>Anoushka Pillay</i>
<i>Aliya Awad</i>	<i>Victoria Scali</i>
<i>Alaina Santos</i>	<i>Luzella Costa</i>

Online broadcast details will be advertised
at the beginning of Term 4



PIANO COMPETITION

The Piano Competition will be held on Tuesday 12 October. 17 students from Year 7 – 12 have registered to participate and are preparing their performances. The competition will comprise of three sections (Junior, Intermediate and Senior), ranging from students in the junior who have less than 12 months experience to students in the Senior section who will perform advanced repertoire.

We wish the students all the best for their preparations. Further details of the event will be published at the beginning of Term 4.



ESSENTIAL ELEMENTS INTERACTIVE

All beginner brass, woodwind and percussion students have access to Essential Elements Interactive. This has been a valuable resource throughout the Term 3 lockdown as the playalong accompaniments help keep practice engaging. Any student who needs assistance with their login should contact Mr Hatherell via email.

<https://essentialelementsinteractive.com/>



**ESSENTIAL
ELEMENTS**
Interactive

MUSIC LESSONS - TERM 4 TIMETABLES

Despite the challenges of remote learning, attendance has remained high for online lessons and many students have made excellent progress with individual skills throughout Term 3. Term 4 Instrumental Music timetables have been prepared and students will receive their individual timetable via email from the Music Secretary, Ms Malorni prior to the commencement of Term 4.

Students are reminded that their music teacher must be informed in advance of planned absence.

MONICAN MUSICIAN



ALIYA AWAD - MUSIC CAPTAIN

Year 12 student Aliya Awad started singing at age 11 after she performed for a talent show at her Primary school. During Year 9, Aliya first joined the College Choir (SMC Singers) after being encouraged by a friend to join and in Aliya's words, she wished she joined earlier. Since joining the program in Year 9, Aliya has been an integral member of the choir and has led by example by consistently attending rehearsals and leading performances into her senior years.

In addition to her participation with SMC Singers, Aliya has performed with the Senior Vocal Ensemble at Generations in Jazz in 2019 and the All-State Jazz Championships in 2021 and has performed on many occasions with the Senior Rock Band as the lead singer.

Aliya's performance skills have extended into many other areas of Performing Arts with lead roles in the College productions of Mary Poppins, Legally Blonde and the Wizard of Oz.

In addition to her participation in Performing Arts, Aliya has successfully balanced her time to participate in many other co-curricular activities including SACCSS Athletics, Girls AFL, Social Justice "Be More", Interfaith Teams and Student Council.

We thank Aliya for her outstanding contributions and leadership as Music Captain in 2021.

MUSIC STAFF PROFILE

ED CHAN - PIANO TEACHER

Ed Chan is a classical pianist who graduated from the Master of Music (Performance Teaching) program at the Melbourne Conservatorium of Music. Prior to that, he studied in the Nanyang Academy of Fine Arts in Singapore, where he was mentored by the former conductor of the Singapore Symphony Orchestra, Maestro Lim Yau, and award-winning composer, Dr. Zechariah Goh. Prior to his relocation to Melbourne, Ed was the Resident Choral Conductor of Hwa Chong Voices, an appointment he had assumed since 2008. He has also served as the resident conductor to various school choirs all around Singapore. Ed's love for vocal and choral music extends to his work as an accompanist.

In 2017, Ed performed as a guest artist with Songmakers Australia, a distinguished Melbourne-based vocal ensemble, in their concert, "Gods and Legends". In 2018, as one of the recipients of the 2018 Young Songmakers Development Program, Ed received tutelage from the esteemed vocal accompanist Andrea Katz throughout the year. In the same year, Ed received the 'Lieder Accompaniment Award' in the Melbourne International Festival of Lieder and Art Song, where he worked with the finest young vocalists in the country under the guidance of world-renowned Lieder accompanist, Graham Johnson OBE.

Ed is an official accompanist for The Sir Zelman Cowan School of Music in Monash University, and continues to work with Melbourne-based Grace Notes Singers, Yarra Gospel and Essendon Choral Society, as an accompanist and conductor. Since 2020, Ed has been actively producing virtual choir videos with these choirs. Here is one of his latest recordings, Climbin' Higher Mountains with Yarra Gospel: <https://youtu.be/jg6olekFfk8>
We are fortunate to have Ed working at St Monica's College as a Piano Teacher, Accompanist and Director of the recently established Male Vocal Ensemble.

Any students interested in learning the piano or singing in the Male Vocal ensemble are encourage to contact the Music Office for details.



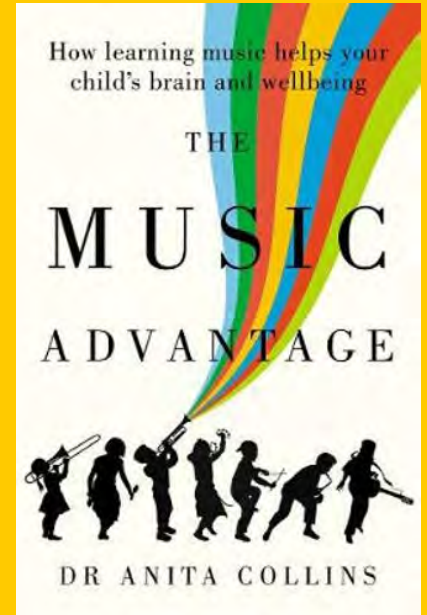
VIRTUAL CONCERTS

Australian Chamber Orchestra
<https://www.aco.com.au/>

Berliner Philharmonic Orchestra
<https://www.digitalconcerthall.com/en/home>

Grammy Awards livestreams
<https://www.grammy.com/grammys/news/watch-list-online-free-livestreaming-concerts-coronavirus-quarantine>

BOOK RECOMMENDATION



About the Author

Anita Collins PhD is an award-winning music teacher and researcher in brain development and music learning. She wrote one of the most-watched TED Education films ever made and appeared on the ABC TV series, *Don't Stop the Music*. Anita is music teacher and conductor at Canberra Grammar School, and Associate Fellow of Music, Mind and Wellbeing at the University of Melbourne.

HOW DO OUR ATHLETES USE MUSIC TO IMPROVE PERFORMANCE?

We asked St Monica's College High Performance Coach, Joel Hocking

What role has music played in your professional career in strength and conditioning?

Seasons in the AFL are quite long (Late October-September) so music plays a huge part in building and maintaining mood and energy, whether during a field based session during the warm up or during strength sessions in the gym. Music plays a huge part in the sporting landscape.

How is music used as a motivator for sporting performance?

As we all know everyone has their own taste! The majority of athletes I have worked with have specific playlists to help pump themselves up and get in a headspace ready to perform. On the flip side of this there are often times when the tempo of playlists aren't so hectic and upbeat. During warm down and recovery sessions the style is more relaxed and easy listening, this mirrors their physical condition at the time. (eg: when they are tired and fatigued the music is a little easier on the ears!)

What are some skills athletic and music performance have in common?

One thing they have in common are a specific cadence or beat for the outcome your after. Middle/Long distance runners have used music at a specific beat (eg: 170bpm) to maintain specific speeds and tempo's for extended running distances.