



ChiME

Chicago Center
for Music Education

ChiME Weekly

At the Chicago Center for Music Education (ChiME) we provide an exceptional music education to a diverse community as a path for social, emotional, and character development.

"We are the creative force of our life, and through our own decisions rather than our conditions, if we carefully learn to do certain things, we can accomplish our goals."

Stephen Covey

ChiME Monthly

With the beginning of the New Year, ChiME Weekly is turning into ChiME monthly. Please expect ChiME's electronic newsletter to arrive in your inbox every first Wednesday of the month. For time-sensitive announcements we will use email, our website, and our Facebook page.

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Special Offer

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Thank You



We extend a warm "Thank You!" to all ChiME friends who supported the school with end-of-the-year donations. We are very grateful for your generosity! The funds collected will help ChiME make a greater impact on children in the Chicago area. Thank you for your generous support!

Spring Semester at ChiME



Spring Semester will begin on **February 6** and registration is now open. We are encouraging all current students to sign up for lessons and classes by **January 22** to keep their spots. Here are some highlights of our programs:

Early Childhood Classes

[coupon and receive a free class or lesson!](#)

Social, Emotional, and Character Development

- Self-confidence
- Listening
- Patience
- Respect
- Perseverance
- Self-expression
- Problem Solving
- Set, work toward, and achieve goals
- Discipline
- Self-assessment
- Giving back
- Collaboration
- Empathy
- Quality standards
- Pro-activity
- Motivation

Upcoming Events

Saturday, January 16

3:30pm

Piano Graduation Recital

Saturday, January 23

1:30pm

Suzuki Basics for Parents

2:30pm

All-School Recital

Saturday 1/30

through Friday 2/5

We have added options for Twinkle Tots, Beat Explorers, and Rhythm Explorers classes - please check out the full menu of options below. For classes running at capacity (Monday 10:15 am Rhythm Explorers and Saturday 10:00 am Rhythm Explorers), registration is open to only current students until January 22, after which it will be open to the general public. Registration is available in person, over the phone, or online.

[Twinkle Tots, 6-18 months](#)

Mondays at 9:15 am with Ms. Ana
Thursdays at 11:15 am with Ms. Ana
Saturdays at 8:00 am with Ms. Kristen
Saturdays at 9:00 am with Ms. Alli

[Beat Explorers, 18 months - 2 ½ years](#)

Mondays at 11:15 am with Ms. Ana
Thursdays at 10:15 am with Ms. Ana
Saturdays at 9:00 am with Ms. Kristen
Saturdays at 10:00 am with Ms. Alli

[Rhythm Explorers, 2 ½ - 3 ½ years](#)

Mondays at 10:15 am with Ms. Ana
Thursdays at 9:15 am with Ms. Ana
Saturdays at 10:00 am with Ms. Kristen
Saturdays at 11:00 am with Ms. Alli

[Steppin' Up, 3 ½ - 4 ½ years](#)

Saturdays at 11:00 am with Ms. Kristen

New families are encouraged to schedule a free trial class. Call us at 312-738-2646 to reserve your spot.

Instrumental Program

Instrument Primer

This 9-week class is the perfect first step in music lessons for those children 4-6 years old who would love to play an instrument but don't know which one yet. In addition to discovering the world of instruments and exploring the

Semester Break

Saturday, February 6
Spring Semester begins

ChiME Wishlist

- Storage organizers for our instruments in Spero Performance Hall
- Fun artwork for the walls
- Full-sized electric guitar
- Overhead projector

Follow Us!



ChiME In!

We would love to hear any questions, comments, or concerns you may have.

[Click here to ChiME in!](#)

ChiME Weekly Archives

Missed last week's ChiME Weekly? Visit the [ChiME Weekly Archives](#) on our website!

basic elements of beat, rhythm, and melody, students will work on developing focus, following instructions, and listening - all the skills needed in private instrument lessons. Families can register in person, over the phone, or online.

[Saturdays at 12:00 pm with Ms. Alli](#)

Private Lessons

Registration materials and instructions have been emailed to all current private lesson students. If you are a new family and would like to start lessons, please call us at 312-738-2646 to learn more and to begin the enrollment process.

Department Classes and Ensembles

All Department Classes and instrumental ensembles will follow the same schedule in the Spring Semester as the Fall Semester.

A new Pre-Twinkle Violin Class will be offered to all beginning violin students. Beginners will stay in this class until they are ready to join the Department Class. Ms. Alexandra Matloff will teach the Pre-Twinkle class on Saturdays at 9:45 am. The class is 30 minutes long and will begin on February 13.

Music Therapy



We are happy to announce that Music Therapy is now available at ChiME and registration for the program is now open for the Spring Semester, which begins on February 6. Music Therapy is an evidence-based therapeutic practice that uses music to target non-musical goals. The implementation of music as a vehicle to work on social, emotional, cognitive, sensory, and physical goals provides a rewarding, motivating, and fun experience for those involved. Through ChiME's Music Therapy program students will be able to explore their own abilities, strengths, and relationships with both peers and adults in a fun, motivating, and non-threatening environment. Music Therapy sessions will provide an atmosphere in which children can grow to their potential through activities of play, music, and positive social interactions- all designed to optimize their success.

Starting with the beginning of the Spring Semester, ChiME is offering on-site Music Therapy sessions in individual and group settings as well as adaptive instrument lessons (guitar or voice) for children with special needs. All of ChiME's Music Therapy sessions are appropriate for children with a variety of diagnosis. To learn more about ChiME's Music Therapy Program, please visit our [website](#).

Setting, Working Towards, and Achieving Goals



With the beginning of each New Year, many people think about setting up some new habits or making improvements in a chosen area (or few) of their lives. In January ChiME will focus on the theme of setting goals and working to achieve them. We believe this is an important life skill and one that can be taught through music lessons. We invite all students to set some musical and technical goals for themselves for the upcoming months. Parents and teachers are invited to work with the students and to guide them in this process.

Start out with a bigger type of a goal, such as a graduation recital, acquisition of a new technical skill, or completion of a new, long piece of music. Next, break the goal down into smaller objectives. This requires dividing the bigger goal into smaller sections that may (or may not) have timelines attached to them. Make the objectives small enough that they are easy to achieve. Align the small objectives with the bigger goal, so that their completion eventually leads to the achievement of the bigger goal. These smaller objectives will be like guide posts on the journey to the bigger goal. Their completion will provide small victories, successes that motivate the student to keep working towards the

bigger goal. Even these smaller objectives will sometimes need to be broken down into smaller steps, which will translate into daily practice plans. Use your private lesson teacher's help whenever you are unsure about breaking goals down into smaller parts. Track your child's progress with charts, stickers, or a practice journal, depending on their age and preferences.

Here are some articles for further reflection on the process of setting goals:

[Process Over Outcome: Goal Setting with Your Children](#)

[How to Maximize Life's Rhythms While Setting Goals](#)

Practice Matters



This week ChiME students started their journey on a 100 Day Practice Challenge. Maybe you have already started the challenge with ease and are enthusiastically practicing each day. But perhaps your family is one who is approaching the project with some caution or even questioning if the goal of 100 consecutive days of practice is a realistic one. Can we really spend meaningful time with the instrument every day for the next 100 days? What if we can't get to the instrument on day 88? Does that forfeit the whole challenge? Obviously, we don't want to discourage our children from ever participating in a similar challenge

again or to feel like their hard work up to this point had all gone to waste.

To help you overcome these worries, we have put together some creative ideas. If we agree that the point of practicing is bettering our craft, spending time at the instrument is only one of the many ways to do that. For those days when practice at the instrument is not possible, there are still many options. Even when your child is sick, when you were traveling, or you simply don't have access to your instrument on any given day, there are still many different activities that will keep practice going. Here are some of them:

Listening

As it is, Suzuki students are encouraged to listen to their CDs daily. The more you listen, the better your chances of easily absorbing new material and mastering review pieces. On days when you can't touch your instrument, you can make the listening deeper, take it to a new level. This might mean opening the score while listening to your CD, or listening to pieces other than those that you are practicing. No matter what you choose, always try to think deeply and critically about the music. You can discuss all of its elements with your child: its mood, style, tempo, dynamics, or even emotions that the music creates in your child or you.

Music Reading

For students who have started to learn musical notation, reading exercises are a natural option for practicing away from the instrument. Print out some music staff paper and make up original reading exercises for your child, or work in a music reading workbook, if you have one. Name some notes, clap rhythms, compose a song, use flashcards. Grab any type of a music book and name as many notes as possible. Whenever possible, turn music reading exercises into games.

Research

Doing musical research also deepens musical knowledge

and skills and is another great way to "practice" away from the instrument. You can read a book about a certain composer or about instruments of the orchestra. Or you can search YouTube for videos of an interesting piece or a piece that your child is currently studying. Just like with listening, try to ask deeper questions about the mood, style, and tempo of the music, as well as about the interpretation of that particular performance - the way the performer chooses to tell the story and express emotion through his or her playing.

Do you have any other ways to practice away from your instrument? Share your ideas with other ChiME students! Email Gosia Bagley at gbagley@chimemusic.org

A New Partnership

Starting in February ChiME will be providing general music classes to the students at Rufino Tamayo Elementary School in the Gage Park neighborhood of Chicago. Tamayo is an Uno Charter school under the umbrella of the Chicago Public Schools. A ChiME teaching artists will be providing weekly music instruction to grades K-5. We welcome the Tamayo school and its students to our ChiME family and are excited to begin the partnership!

Our other in-schools partners include:

Bennett Day School
Blair Early Childhood Center
Budlong Elementary School
Burnside Scholastic Academy
Wendell Green Elementary School
Laurance Armour Day School
Lincoln Park Preschool
Providence St. Mel
Stock Elementary School

Amazon Smile



Chicago Center for Music Education is now on Amazon Smile! It is a simple way to support ChiME every time you shop on Amazon, at no additional cost to you. When you shop, Amazon will donate a portion of your purchase price to ChiME.

To shop at Amazon Smile simply go to smile.amazon.com from the web browser on your computer or mobile device. You will see eligible products marked "Eligible for Amazon Smile donation" on their product detail pages. If you have an existing Amazon account, you can use it on Amazon Smile. Your shopping cart, wish list, wedding or baby registry, and other account settings are also the same.

You can select Chicago Center for Music Education as your chosen charity on your first visit to smile.amazon.com or by clicking [here](#).

Coming Soon

The following FREE events will be coming to ChiME in February:

Early Childhood Drop-In Classes

Drop-in classes are a great way to get to know our teachers and see if ChiME music classes are the right fit for your family. During the month of February ChiME will be offering Early Childhood music drop-in classes for every level. Stay tuned - more details and the schedule coming soon!

Instrument Play Room

Throughout February families are invited to come check out our new Instrument Playroom at ChiME! Designed for children who are eager to learn more about musical instruments, our Instrument Playroom will offer children the opportunity to fit, feel, and play musical instruments. The Instrument Playroom will be outfitted with a piano, guitar, microphone and speaker, xylophone, hand held percussion instruments, violin, viola, cello, and flute. Reservations must be made in advance and will be available in 30 minute increments free of charge. A ChiME employee will be on hand to show you around and help students hold and make sound on the instruments. Come jam at ChiME in our new Instrument Playroom! **Call 312-738-2646 to reserve your time!**

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