



SCHOOL BELL BOP

Get ready for Big School!

School Bell Bop is a school readiness program which uses a music therapy approach to prepare pre-schoolers for the big step of starting school.

The 8-week program runs for 45 minutes each week, and has been specially developed by our registered music therapists at Newcastle Music Therapy.

The program focuses on the skills needed to be school-ready, such as listening, following instructions (including multi-step tasks), turn taking, sharing, communicating with others and concentration. We also incorporate activities that provide a foundation for learning letters, numbers and words.



Changing lives through music

16/363 Hillsborough Rd, Warners Bay 2282

T: 0410 834885 E: susan@newcastlemusictherapy.com.au

ABN 43 941 224 641

Newcastle Music Therapy is a registered NDIS service provider



NEWCASTLE MUSIC THERAPY

What does a School Bell Bop session look like?

School Bell Bop is a hands-on program that involves lots of active music making using a variety of instruments, voices and drums. The group facilitator will provide live music and lead the group through a program of structured activities that will include: singing songs, playing instruments, movement to music, music listening, and relaxation

Throughout the program there will be opportunities for practicing social skills such as listening, turn taking, sharing, being listened to, following instructions and leading interactions, self-expression and creativity, communication skills, self-regulation, impulse control and concentration.



Why use music?

Music is a whole brain activity. It has been shown that music activates all areas of the brain and can help strengthen neural pathways making it an ideal tool to use with young children whose brains are still developing.

Music is a means of both verbal and non-verbal communication, using words in songs to portray meaning but also the other elements of music such as volume, speed and tone communicate thoughts, ideas and emotions. Music is engaging and fun, so while the children are developing their skills it doesn't feel like hard work. Making music with others requires interaction, cooperation and listening and provides an opportunity to be actively contributing to a group.

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What is music therapy?

Music therapy is the intentional use of music to help people reach their goals. Music therapy is a research-based practice and profession by a university-trained professional who is registered with the Australian Music Therapy Association Inc. Registered music therapists (RMT) draw on an extensive body of research and are bound by a code of ethics that informs their practice. Music therapy focuses on improving health, functioning and wellbeing making it different from music education and entertainment.

What can you expect from School Bell Bop?

The School Bell Bop program will involve live music provided by a highly trained facilitator. Participants will be involved in active music making, using a variety of instruments and singing. Structured music activities will focus on the goals of the program that aim to develop the skills needed to start school.

Specific goals for each group will also be developed with flexibility within the program to adjust as needed to specific group needs. Support and active involvement from centre staff will be required and an integral part of the sessions to ensure the best outcomes for each child and to build staff capacity and skills with regards to using music in the centre.

Collaboration with the teachers will also assist with assessment, program development and evaluation.



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Are you ready to bop to the school bell?



We are excited about the possibility of working with the children from your centre who are about to take the big step of starting school.

Our goal is to provide a high-quality school readiness program that is going to equip your pre-schoolers with the skills they need to start school.

We also expect the program will provide opportunities for your staff to develop their skills and confidence in using music.

We are looking forward to watching the children grow in confidence and develop the skills they need to take their next big step to big school.

Are you excited to find out more? Contact **Susan Ashley-Brown** on **0410 834 885** to learn how School Bell Bop can work in your centre. We are happy to discuss any aspect of this program, and look forward to hearing from you soon!

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