

## #100DaysOfPractice - Information Sheet for Students, Parents & Staff



Dear Students, Parents & Staff,

I hope you're all well! Just wanted to provide information on the #100DaysOfPractice charity challenge that's starting on 17th March!

A bit of background...

There's been a growing number of musicians sharing short videos/images of their daily practice, on social media using the hash tag #100DaysOfPractice. I thought we, as a music service/YMI, could get involved and raise money for a local charity at the same time!

The Plan...

To get involved, students and staff are asked to:

- practise every day, for 100 days
- share daily on the 100 days of practice Team
- ask friends/family for sponsorship via JustGiving link (TBC)
- share on social media (if happy to/with parental permission)

We want to emphasise that practising doesn't have to last hours; that doing a tiny thing, everyday, can make a huge difference to your playing.

Examples of what to share:

1. A sentence of what you've achieved, e.g. 'Today I worked on the tuning of my D major scale' or 'I listened to the piece I'm learning whilst I went for a walk'
2. A photo of your practice, e.g. your music; your instrument; a selfie - get creative!
3. A short video, e.g. 30 seconds of working on the tuning of 2 notes.

Practise can take so many forms and you can fit in a small thing each day.

To keep things interesting (100 days is a long time), we're going to have different weekly themes which will be revealed at the start of each week, e.g: fancy dress etc

To get involved you can do as much or as little as you like, just as long as you do something each day and share, at least a sentence, on the Team.

If you do want to share on wider Social Media, please make sure you have permission from parents/guardians or use parents/guardians accounts. To make the most impact please use the following tags and hashtags:

@EACMusicService

@ea\_youth

@eastayrshire

@[yourschool]

#100daysofpractice #EACMusic

#strings #brass #wind #percussion #voice [pick your instrument type]

And the donation link which will be available towards the end of this week.

We will be sharing sentences, images and videos on the East Ayrshire Music Service and Youth Music Initiative Social Media pages. We are hoping to highlight different instrument types, ages, schools etc throughout the project.

The main thing to do is have fun! The project is starting in 17th March, 100 days later will bring us to the last day of term, 25th June.

The charity we have decided to support is The Kris Boyd charity which helps young people with mental health and well being. Let's raise money for this excellent cause whilst having fun with our practice at the same time!

Please join the #100DaysOfPractice Team by clicking 'join team' and entering the following code:

**5f8sh4r**

If you've got any questions please don't hesitate to get in touch with me. We're looking forward to seeing all of your practice!

Kind regards,

Emma Tomlinson

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East Ayrshire Music Service

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