

Wednesday, May 20

Performing Arts	
Choir & General Music:	<p>Hello! I hope this post finds you doing well and looking forward to the end of the school year.</p> <p><b>Vocalists</b>, for this last weekly post I created a mini-warm up for you recorded by none other than yours truly! (with a little help from my currently emotionally-attached cat who follows me everywhere) While it's not perfect and there is an unplanned moment at the end, I hope it brings you a small opportunity to practice a bit as you find time to do so. You can find the video <a href="#">here</a>.</p> <p><b>Music Appreciation Students</b>, even though we don't sing together, we still make and learn about music together. Never let music stop inspiring you! Here is an <a href="#">example</a></p> <p>I hope you all have a great summer! Stay safe!</p> <p>Until next fall! Mrs. Copic</p>
Band:	<p style="text-align: center;"><b>Hello Band Students!</b></p> <p><b>NOW...</b> Since this is our last week of newsletter activities, I have embedded some inspirational videos as a farewell to this year and to hopefully make you really want to practice like never-before for next year.</p> <p>Flutes, check this out! <a href="#">Ten years old</a> and can circular breath!</p> <p><a href="#">Oboe players</a>, enjoy the beauty.</p> <p>For all the <b>OFF THE GRID, UNUSUAL, BIZARRE</b> instruments you've got to see <a href="#">this one</a>. Talking about <b>PICCOLO, TROMBONES, CONTRA-BASS SAXOPHONES, PICCOLO CLARINETS, and the WIERDLY WONDERFUL CONTRABASS F HORN</b>.</p> <p>Baritone Horn Players, just for you! <a href="#">Here</a> is the swingin' three -part Euphonium Jazz!</p> <p>Finally, for our graduating class of 2020 - You have played wonderfully this year. Enjoy this LOL moment from one of the most accomplished marching bands in our country. First, enjoy their marching talents, but watch what happens when the <a href="#">Tuba Player</a> dots the "i" of the word Ohio. View the action at 2:45 and the slow motion at 3:16. It was an accident....wasn't it?</p> <p>Concerning this week's Canvas Course, watch two things if you have time.</p> <p>#1. Michael Tilson Thomas' @TED talk about the evolution of music. Fascinating talk from a famous Orchestral Conductor.</p> <p>#2. Listen to "Moscow, 1941" at the bottom for the band listening. It represents program music and has been performed by Merrill bands recently.</p> <p><b>Keep practicing over the summer. Go at it with a goal in mind and reach your potential!</b> <b>Sincerely, Mr. Morgan</b></p>

Orchestra:

**\*If you have an instrument that belongs to Merrill at home, please return it to the custodial door (East side of building) next Wednesday, May 27, between 1:30-3:00.**

Hello Orchestra musicians!

**8<sup>th</sup> Graders! I need 3 things from you ASAP, but no later than Sunday!**

1. Can you please email me (stephanie.graham@dmschools.org) any photos of you doing orchestra things? Pics from concerts, field trips, class, etc?
2. Please email me any fun memory you have from orchestra—it could be a favorite piece you played, a field trip, something funny that happened in class, etc. I will incorporate them into the slide show I am creating.
3. In that same email, please include a piece of advice to in-coming 6th graders about how to get the most out of Orchestra at Merrill.

**6<sup>th</sup> and 7<sup>th</sup> Graders:** Please email me a song request to play in orchestra next year. Over the summer I will look through them and see what I can find.

Next week will be our last Teams meetings. Please join me for a fun visit, as well as a Kahoot! filled with random Orchestra trivia and things we have learned in class.

As a reminder, here are the times:

Beginners: Thursday 1:30-1:55

Year 2: Thursday 2:00-2:25

7<sup>th</sup> Grade: Tuesday 1:00-1:25

8<sup>th</sup> Grade: Tuesday 1:30-2:00

Have a great week and I look forward to seeing you at our Teams meeting!

Sincerely,

Mrs. Graham

## Physical Education

Hi Everyone! I hope you are all staying healthy and hopefully the weather will start to cooperate and give us some good weather. As you continue to work on your Canvas course, there is an emphasis on your fitness testing. Here are **seven** tips to help you work to improve each test.

1. **Know the "Why"** - Focus on becoming quicker, stronger or having more endurance.
2. **Set a goal** - Set smaller, attainable goals like being able to do 5 push-ups in a row.
3. **Form** - 90-degree rule, chest press, shoulder press, squats, leg press or lunge, do not go past 90 degrees. It will keep you safe
4. **Muscle balance** - It is important to exercise the entire body. Power, strength and a strong core all come from the ground up. Make sure you alternate lower- and upper-body strength training.
5. **Don't go super heavy** - You are still growing. In order to avoid disruption to the growth plate, you should skip heavy weights. You should stick to muscular-endurance exercises and learn correct form.

**6. Muscle Recovery** - Try not to work the same muscles every day. Muscles need proper recovery and time to grow.

**7. Focus on Breathing** - Breathing will make or break any fitness activity. Always breathe out on the exertion part of an exercise.

Now, we would like you to pick one of the tests (Sit and Reach, Should Stretch, Curl-ups, Push-ups and Pacer) and let us know:

Why you picked this test?

What is your goal?

How you plan to achieve your goal?

Please email us your responses.

Mary Ann Greteman [mary.greteman@dmschools.org](mailto:mary.greteman@dmschools.org)

Mary O'Connor [mary-stuart.oconnor@dmschools.org](mailto:mary-stuart.oconnor@dmschools.org)

### Other Notes

Personal Belongings:

Thanks to all the families who completed the survey and picked up locker items yesterday afternoon.

A second survey is now active for those who were not able to complete the first survey and pick up materials. This survey will close at 3:00 pm on Wednesday, May 27<sup>th</sup> for pick up in early June (date to be determined).

Our goal is for this to be the final pick up. Your help in limiting exposure and school visits by staff, faculty, and administration during this time is appreciated.

Here's the link to the form "Merrill MS Locker Clean Out Form: Part II":

[https://forms.office.com/Pages/ResponsePage.aspx?id=O2Kl6\\_5QN069OITMpTBd53kMHISTcJhHohsYNk3F7nFURFNYV0dRVU5PQkFSQVpWNDNF0FM1MjFDSy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=O2Kl6_5QN069OITMpTBd53kMHISTcJhHohsYNk3F7nFURFNYV0dRVU5PQkFSQVpWNDNF0FM1MjFDSy4u)