

## ***Melanie White, re, Reinstatement of Full Band, Choir, Vocal and Instrumental Music Classes***

### Music

For the last 2 years our children and youth have had to be restricted in activities. Now vaccination has supported our society to be able to return to a certain degree of activities. We need to ensure that where our kids had \*no\* engagement and connection support outside of "class" last year (even virtual for my youth at our school) that they can have supportive connection to peers and mentors this year.

I was one of those kids who - without school support I would not have been able to learn music.

I didn't have hundreds or thousands of dollars to pay for an instrument!

I didn't have any money to pay for lessons!

Without school I would not have been able to pursue or engage in music - like SO many low income, socio-economically challenged students!

Music is able to continue mental health support long after knees can't run a field or balance issues are no longer able to skate or play hockey, after someone has had too many concussions to be able to handle another tackle or trip on a football field.

When I ran 5K in high school IT WAS MUSIC that I turned to to get me through, pieces we were performing playing in my head to pace my feet and my breathing... I am not running any more but I DO music! That has seen me through very challenging times to focus on instead of rumination and struggle. It has helped versus if I did not have it. I could not have managed such challenges as I have had to overcome as well as I have.

Exposure to musical ability and growth initiated within school sets a foundation for support in later life. The exposure and appreciation of music at an early age is well documented in the support with memory challenges and dementia. The exposure and ability to play music initiated and maintained within school sets the opportunity for those students to share their abilities which in turn supports those in their community.

When supported in school, music supports the student body on the whole from ALL backgrounds, all challenges, a chance to cross all cultural boundaries. All students can continue to grow, connect, to support. Music is an international language. Anyone from any background can learn and play ANY INSTRUMENT. We have a responsibility to make these opportunities available to the students!

Give me a waiver! As with school sports that are currently being made available to kids for their mental health lets ensure that we make music available. Being made aware of the plan, I'LL SIGN!

Thank you for your time and efforts.

Melanie White