

# Music at Tapton School

Being part of an ensemble or choir looks amazing on your UCAS application! Universities love it as it shows you are well-rounded, creative, a team player, able to perform under pressure, and dedicated to working on a long term project.



Please come and talk to us if you have any questions. Come and give it a go!

STAFF STUDENT CHOIR	Open to everyone! No experience needed	Thursdays 1-1.30pm, 119
SENIOR ORCHESTRA	Orchestra instrumentalists gd 5+	Thursdays 8.30-9.10am, 119
JAZZ BAND	Advanced instrumentalists	Friday 8.30-9.10am, 119
SENIOR GIRL'S CHOIR	All female voices	Friday 8.30-9.10am, 118
BRASS BAND	All brass players	Wednesday 8.30-9.10am, 119
FLUTE CHOIR	All flautists	Wednesday 8.30-9.10am, 120
CLARINET ENSEMBLE	All clarinetists	Thursday 1-1.30pm, 120
ACCOMPANYING OPPORTUNITIES	Advanced pianists	Come and speak to us

The benefits of singing:

**Sing yourself happy and fit!**

**If you have ever wondered why choral singers look so happy, here are some of the reasons. The health benefits of singing are well documented:**

- Singing improves your mood. It releases the same feel-good brain chemicals as exercise and chocolate!
- It is very effective as a stress reliever and improves sleep
- Singing releases pain-relieving endorphins, helping you to forget that painful tooth/knee/whatever
- Your posture improves
- Lung capacity increases
- Singing clears sinuses and respiratory tubes
- Your mental alertness improves
- Singing tones your facial and stomach muscles
- It boosts your immune system, helping to fight disease and prolonging life expectancy
- Your confidence increases

**And of course the social benefits are important too:**

Music widens your circle of friends. Give it a try and see what it can do for you!