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Arts and Movement Education in a Post-Covid World

How do we adapt, maintain and elevate the special subjects
to promote student well-being?

“What gets measured, gets done.” A recent study by the Brookings Institute (2019) underscores the conventional wisdom that we are more likely to value and prioritize the subjects that we are tracking through data. But what about subjects like music, art and physical education -- subjects that are intrinsically beneficial to the whole child, but are not measured in the same way that academic subjects are? In light of the post-Covid realities that many religious and independent schools are facing, we dedicate this issue of our newsletter to the special subjects--not just because they are enriching, but because they are essential to the goals of a well-rounded private education. In their randomized trial comparing schools with and without arts programs, the Brookings researchers found that “a substantial increase in arts educational experiences has remarkable impacts on students’ academic, social, and emotional outcomes.” By the numbers: relative to students assigned to the control group, treatment school students experiences a 3.6 percentage point reduction in disciplinary infractions, an improvement of 13 percent of a standard deviation in standardized writing scores, and an increase in 8 percent of a standard deviation in their compassion for others. In study after study, arts participation and arts education have been associated with improved cognitive, social, and behavioral outcomes in individuals across the lifespan: in early childhood, in adolescence and young adulthood, and in later years (NEA 2011). This one’s for you, coach!

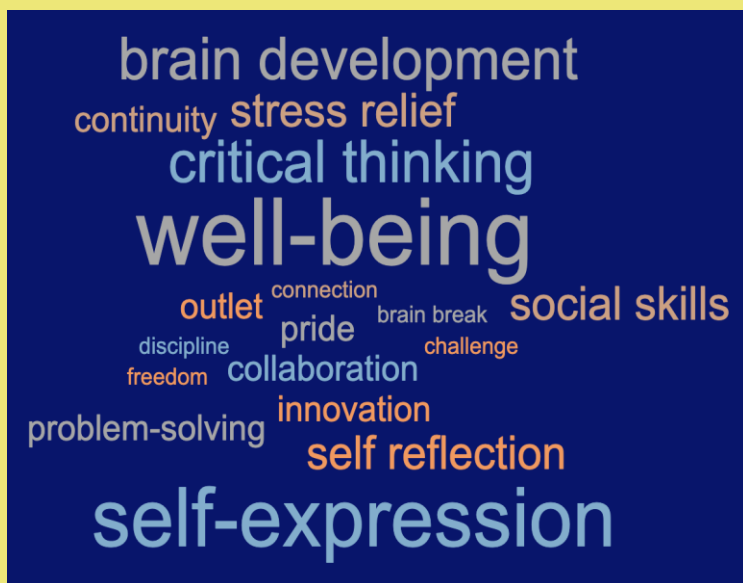
Read More:

“New Evidence of the Benefits of Arts Education” (2019).

brookings.edu/blog/brown-center-chalkboard/2019/02/12/new-evidence-of-the-benefits-of-arts-education/

Practitioner Spotlight: Special Subjects Teachers Speak

Last month, we asked music, art and PE teachers the question, “What does your subject uniquely offer students so that it *must* be continued, even under challenging circumstances?”. Their responses are captured here in this word cloud:



The Special Subjects Discussion Forum participants are continuing to network and exchange ideas on a dedicated Google Group. Contact Gina at gkarp@measinc.com if you are interested in joining a group of music, art or PE teachers.

SPOTLIGHT EDUCATOR:

Suzanne Odessa has taught music to students in pre-K through 8th grade at **Notre Dame Academy (Staten Island)** for 30 years. That's right: 30 years.

Why do you teach music? “Children need to sing together and experience different kinds of music. My goal online today was to have fun and smile.”

What has worked during remote learning? “For my 6th-8th graders, *Composer of the Month* and *Music in the News* provided them with a routine for music homework.”

What has not worked during remote learning? “We are very concert-oriented, and my spring concert did not happen. The equipment and knowledge to bring everyone together is very challenging during these times.”

Quotable Suzanne: “Music teachers **make** school events.” Thanks for all you do, Suzanne!

Upcoming events



Life After Covid-19:
Reflection and Planning
Forward

Tuesday, June 16 2:00-
3:30pm EST

With a grounding in general theory and best practices regarding scenario planning, teachers and school leaders will be empowered to take agency and think more strategically and critically about their options and opportunities in navigating the current uncertainty. This session will provide an opportunity for teachers to reflect on this period of online teaching and learning.

Register [here](#).

A recording of this session (from 6/2/20) can be found here:

<https://www.nysed-soris-upstate-pdrc.org/p-od-webinars-interactive-sessions>

Save the Date

Monday, August 3 Time TBA
Special Subjects Discussion
Forum

Start the new school year with inspiration, ideas and resources from fellow teachers in your subject area.



Resource Round Up:

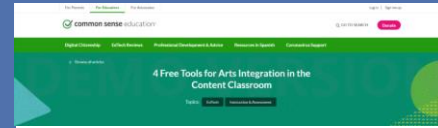
Integrating Art, Music and PE Across the School Day



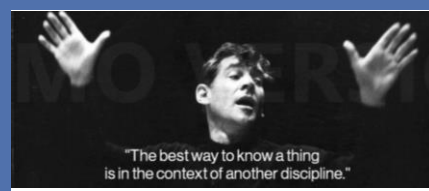
New Studies Link the Arts to Crucial Cognitive Skills
Edutopia video




Blog post:
9 Reasons Why You Should Use Songs to Teach EFL



Ed Tech
4 Free Tools for Arts Integration in the Content Classroom | Common Sense Education




The Artful Learning Model (narrated by Alexander Bernstein)
Go big or go home! A whole-school approach to arts integration




Research Round-Up



Podcast:
To Boost Learning, Just Add Movement



Fit Lit: How Movement Impacts Learning



Music, Movement and Math!



Art Education: Resource Round-Up

