

Letter of Idea IB Drummin'

This project would implement the *Drums Alive* program and lift our Orff xylophone and metallophone instruments up off the floor at Liberty Magnet School. The *Drums Alive* program will have all students K-5 at Liberty Magnet working cooperatively using their whole brain and body in both physical education classes and music classes. The program uses exercise balls on stands, drumsticks, movement props, mallets, and various percussion instruments to engage students of all abilities in a full sensory whole brain-whole body activity. These activities are researched based and show both physiological and psychological benefits. This project will get our xylophone, metallophone, and glockenspiel instruments up off the floor making them accessible to all. "Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow. It is a program that utilizes "whole brain – whole body" thinking by developing sensory motor reflexes and kinesthetic awareness. The physiological and psychological benefits are numerous including those found in traditional forms of aerobic fitness. Drumming has also been found to improve and increase the neurological connection between the two brain hemispheres, stimulating alpha brain wave activity which can lead to higher levels of concentration, sensory/motor improvement, and an overall sense of well-being."¹

This project aligns with our School District Strategic Plan focus area equity, culture, & climate. "Cultivate safe, respectful, and supportive school environments, which are equitable and inclusive."² The target being "All students are accepted and included within our school communities."³ IB Drummin' also aligns with annual strategy 2.2: "Integrate social-emotional learning opportunities into existing curricular structures."⁴

Amount requested \$10,000

Project cost \$10,010.39

The targeted population would be our entire school of 557 students. This includes Kindergarten 91, 1st grade 91, 2nd grade 106, 3rd grade 108, 4th grade 86 and 5th grade 90, and two self-contained classes, 20 students, with autism spectrum disorder.

The Issue – Ten percent of our student population received office referrals last year. We will use this opportunity to improve our cultural climate, cultivating a safe, respectful, and supportive school environment, which is equitable and inclusive,⁵ to reduce office referrals. In addition, we will enhance our IB program focus, becoming global citizens, and strengthen our schoolwide IB approaches to learning, self-management, social, communication, and thinking skills. *Drums Alive* and additional music activities will offer our students the benefit of an evidence-based program which provides opportunities for students to excel in areas both inside and outside the classroom. The benefits are strengthened concentration, memory, attention, focus, and teamwork. Drumming can change a person's brain wave patterns, dramatically reducing stress and anxiety. We will continue the activity of drumming throughout the school year, transferring our knowledge to the classroom Orff instruments and classroom drums. The *Drums Alive* program allows students to stand or sit in chairs and move while they play their instrument. Currently in our music room students must sit on the floor or kneel to play the Orff instruments, hindering their movement. This program will align the two programs getting our instruments off the floor making them accessible to all our students.

The Change - As a result of this grant, we intend to see improved attention to detail, focus, direction following, and community inclusiveness. Students working together will strengthen our school community as all students have access and feel success through the program. Students will have ownership and a sense of accomplishment within the IB Drummin' program. We hope to give students who struggle have an outlet to reduce stress and anxiety while at school. The expectation is a reduction of minor infractions and office referrals initially on days of participation by collecting the data and aligning it with the student frequency in the program. If our research is correct, there will be lower behavior incidents on program days. This aligns with "Target 2.1: Decrease the number of students assigned out-of-school suspension by 50%"⁶

The Action – First, students will be introduced to the Drums Alive program in both music and cultural arts classes weekly. They will be instructed using different aerobic movements, cooperative activities, and choreographed routines. Each week, students will review past routines, then learn new routines, building on their knowledge and improved skills. Lastly, students will transfer the knowledge from the rhythm on the ball to melodies and songs on the Orff instruments in our music classroom. This transfer of knowledge will move to performances within the classroom and for the school, parents, and community.

Music teacher, Sherry St.Petery, cultural arts teachers Angela Hicks, Alex Cendejas, Valerie Evans, and Jamie Lunsford, IB coordinator, Takeisha Harris, principal, and Tabetha Esposito, assistant principal, will all oversee the project to make sure it is sustained yearly at Liberty Magnet School.

Progress will be monitored by Pamela Ash, guidance counselor, Takeisha Harris, principal, and Tabetha Esposito, assistant principal, by the tracking of classroom minor infractions and office referrals. Data will be reviewed before the program begins and will be revisited monthly as we work through the program.

This program lends itself to many community volunteer opportunities for participation and learning. Our school PTA is willing to assist with the overage amount on this grant as well as supplementing the program with clinicians to work with the students as a school. Middle and high school musicians could join our program. Community members could enjoy performances, and share expertise in drumming, movement, choreography, and music.

Itemized Budget:

1 - Drums Alive Drumtastic 2.0 30 participant set \$1,802.00 – **Total \$1802.00**

1 - Drums Alive Drumtastic 2.0 25 participant set \$1497.00 – **Total \$1497.00**

2 - Drums Alive Drumtastic 2.0 Trainer Kit \$137.80 – **Total \$275.60**

32 – Drums Alive Thunderstix @ \$2.25 each – **Total \$72.00**

1 - Stability Ball Replacement Plug pack of 25 **\$9.95**

1 – Stability Ball Plug Puller Pack of 10 - **\$4.99**

1 - Drums Alive Drumtastic curriculum Kit C **\$717**

3 - Westco Rolling Storage Tote \$59.00 – **Total \$177**

3 - 265341 Basis Trolley Orff Instrument Stand @ \$270 each **Total \$810**

14 – 265339 Sonor BT Basis Trolley Mobile Orff Inst Stand w/AD1Sop/Alto d @ \$255 each **Total \$3570**

3 - **259587** Demo Basic Beat BBRTTS Orff Table @\$139.99 each **Total \$419.97**

Total \$9,355.51

Estimated Shipping - \$654.89

Grand Total - \$10,010.39

End Notes:

¹ <http://www.peachhealthfitness.com/blog/cognitive-benefits-of-drums-alive>

² Achieve 2025 District Strategic Plan 2020-2025 pg6

³ Achieve 2025 District Strategic Plan 2020-2025 pg 5

⁴ Achieve 2025 District Strategic Plan 2020-2025 pg 10

⁵ Achieve 2025 District Strategic Plan 2020-2025 pg. 10

⁶ Achieve 2025 District Strategic Plan 2020-2025 pg. 10