



These make great gifts:

**Smart Music
Tuner/metronome
Music stand
New music book (pop music)
Extra personal training sessions
CD of music (look below or ask a
director for suggestions)**

There are **TONS** of great recordings available on each instrument. These are a lot of fun to listen to and are a valuable resource for your child! (They also make great Birthday and Holiday gifts!!!)

They can be found online (or in a variety of music stores) at www.barnesandnoble.com, www.amazon.com, www.allmusic.com, or www.walkingfrog.com. Have Fun Looking!
(You can always ask a director for suggestions!)



Band Handbook

**Principal
Todd Fouche**

**Band Directors
Kelly Desjardins
Gina George** . . .

**Percussion Specialist
Heath Dillard**

Introduction

It is our belief that **EVERY** child can be successful, and we are dedicated to providing a positive learning environment for each student.

As your child embarks on this endeavor, it is imperative that you and your child understand what to expect. Most of our beginners haven't ever played an instrument! This is probably the first time since kindergarten that your child has had to learn something new, without any prior knowledge. These students, in particular, will need lots of support and encouragement at school and at home. As for our 7/8th grade students, they have made it through the first year and are ready to become more independent.

As with anything brand new, a person's success is largely based on their desire to succeed. We are all successful walkers...yes, walkers, because we did not give up — even after falling countless times! Whether they express it or not, your children *want* and *need* your support. Parenting magazine says that as children move from elementary to middle school, their desire to tackle and master new things diminishes. They begin to be more tentative in pushing themselves to new limits, particularly as they move through middle school. *This* is where parents and teachers can step in and teach/show them how to work through new situations.

During his career, Michael Jordan made 26 game winning shots and missed over 9000! This is a great chance to teach our students about the value of perseverance. This year will be full of many opportunities for growth for all of us. The PHMS Band has a history of pride, hard work, and high expectations. We look forward to getting to know you better this year and we welcome you into our Band Family!

If you have **any** questions or concerns throughout the school year, please do not hesitate to contact us!

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Responsibilities

1. Follow all PHMS Band and School Rules/Dress Code. **Remember that it is your choice to break a rule. Learn to accept the consequences of your behavior!**
2. Learn to **work well with others**. Band is a team sport and we need all of you to play!! The better we work together and encourage each other, the more progress we will make!
3. Show proper respect for those in authority (teachers and student leaders) as well as your other classmates.
4. **Practice regularly!** Our band will only be as good as the person who practices the least!! Set regular practice goals and work slowly to achieve success. **Remember that your practicing helps the whole band!**
5. **Show the proper respect and care for your instrument** and the other instruments in the band hall (and locks).
6. Take care of your music and all band equipment and supplies. Remember that you are responsible for replacing materials that you damage or destroy.
7. You are responsible to be at all required PHMS rehearsals and concerts. Keep careful track of your calendar, so you don't miss anything! Remember you are an important part of the band!
8. **Make a real effort to improve daily.** Take your time and build habits of success. REMEMBER IT IS MORE IMPORTANT TO MAKE CONSISTENT IMPROVEMENT THAN TO BE THE BEST!
9. We strive very hard to project a positive image to the school and community and we need each band member to do his/her part to help us continue this standard of excellence. It is each band member's responsibility to always be aware of their attitude, dress, actions, and manners and its effects on the **spirit, pride and reputation** of our school and the band program.

Band Do's/Consequences

1. Do bring your supplies to class. (instrument, pencil, music, etc.)
2. Do be in your seat with instrument assembled ready to play one minute after the bell.
3. Do keep your mouth free of gum, candy, or any other tasty treat while in the band hall.
4. Do ask for permission to leave your seat, unless in EXTREME emergency.
5. Do raise your hand for permission to speak.
6. Do listen and play to the best of your ability everyday.
 1. Verbal Warning
 2. Pack-up/written assignment
 3. C-Hall/Parent Contact

IT'S HOW YOU PRACTICE THAT COUNTS

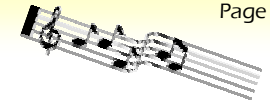
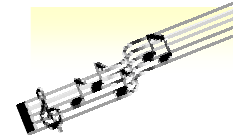
Incorrect habits are sometimes more easily developed than correct habits, and a habit is hard to change so THINK when you practice. Avoid simply going through the motions! Remember, the playing of your instrument comes through development of coordination, just like any athlete. Patience is a virtue of an ambitious player.

1. Warm up correctly. Each instrument should have a separate warm up for home practice that differs from the band warm up. Use a mirror and concentrate on tone quality and embouchure during the long tone warm ups.
2. Set a goal for the practice session. Don't try to do too much at one sitting.
3. Isolate a problem or a section in a piece of music. It may be a rhythm, a measure, or a line of music. Repeat it over and over many times - just like shooting baskets in the basketball goal. Practice it slowly at first, and then gradually build up the speed using a metronome. Before you finish the practice session, play the difficult measures with the rest of the line or exercise.
4. Repetition of a problem area reinforces muscle and mental memory.
5. In difficult technical passages, change the rhythms and articulations in the practice session to develop even, accurate, and fluid technique.
6. Practice involves learning and reinforcing areas that are difficult for the student. Practice, therefore, is not always fun because you must play music that you have not yet mastered. Try to end each practice session with something that is fun to play and that has already been mastered!
7. Structure your practice session to get the most benefit out of your time!

EXAMPLE OF A STRUCTURED 60 MINUTE PRACTICE SESSION

MATERIAL PRACTICED	TIME	GOAL
Warm up and daily drill:	20	Fundamentals: tone, long tones, scales, arpeggios, breath control, thirds, embouchure, technique, tonguing
New material and assignments	15	Develop new technique, increase range, expand capability of student
Previous and continuing material	15	Improvement of finger dexterity, tonguing, tone, musicality, etc.
Personal music choices	10	Enjoyment!

The more consistent you are with practice time, structure, and climate, the better your results!
Practice 4 Results!



Take Note... Table of Contents

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Band Rules!

3 R's
 Respect 4 self
 Respect 4 others/property
 Responsibility 4 own actions

Consequences

Verbal warning
 Pack up/written assignment
 Short-term ISS
 C-hall/parent contact
 Office Referral

ARTS DEPARTMENT

Band Descriptions/Expectations

Beginner Band

The Beginner Band is made up of first year band students. These students meet everyday in like-instrument classes (i.e. clarinet class, trumpet class, percussion class, etc.). These students will focus on learning about posture, hand-position, reading music, and performing simple music as a group. This group does have mandatory after school practices prior to each performance. (This allows them to hear and get used to each others parts!) They will perform at the Fall, Winter, and Spring Concerts, as well as compete at Sandy Lake park. All directors work with this band.

Grading Policy

Daily (30%) Bringing materials daily (5 pts off per item, per day)

Materials Needed: instrument, reed/mouthpiece, binder, book, pencil

Objective Tests (20%) In class written/playing tests

Quiz (20%) Playing Journals—**DUE EVERY MONDAY!!**

Major (30%) Concert attendance and dress (includes before/after school rehearsals)

Performance Dress: "Best Dress" (NO sneakers/jeans)

Boys—Slacks, collared shirt (tucked in) Girls—skirt/dress (must be below knees when sitting/shoulders covered) or slacks, dress shirt

Advanced Band

Our Advanced Bands are made up of second and third year band students. While these students will review Beginner Band concepts, they will also have regular before/after school practices and concentrate on more complex music and rhythms. These students will perform at pep rallies, football games, Fall, Winter, and Spring Concerts, as well as compete in either UIL or a similar festival.

Grading Policy

Daily (30%) Bringing materials daily (5 pts off per item, per day)

Materials Needed: instrument, reed/mouthpiece, binder, music, pencil

Objective Tests (20%) In class written/playing tests/play. journals

Quiz (20%) Sectional attendance

Major (30%) Concert attendance and dress (includes before/after school rehearsals/clinics, football activities, and all-region)

Performance Dress:

Rally/Football Game/Fall Concert: Blue Jeans/Band Polo

Concerts/UIL: "Concert Black" (NO sneakers/jeans)

Boys—Slacks, collared shirt (tucked in), black socks and shoes

Girls—skirt/dress (must be below knees when sitting/shoulders covered) or slacks, dress shirt, closed toed black shoes

www.phmsband.com

Communication/Charms

This is a web-based program that will allow you to update your personal information, find dates/handouts, and email directors.

Go to: www.charmsmusic.com

Find: Parent/Student Login (on right)

Enter: phmsband

If you would like to check individual information (if your check/forms were turned in) you may enter your child's ID#.

WE EMAIL HOME A LOT OF INFORMATION. PLEASE MAKE SURE YOUR EMAIL ADDRESS IS ACCURATE AND CURRENT.

End of Year
Costume Party
Main Event

Fun Trips!

Costume Party
Main Event
End of year!!

We work really hard in band. We also believe in playing really hard! Information will come home prior to each "fun trip." All trips, except Medieval Times, are paid for through the activity fee. (Scholarships available.) Students who have not paid their registration fee and/or turned in all their forms will not be allowed to participate. **The End of Year Party/trip will be contingent on student behavior throughout the year. Students not passing the 5th six weeks or students who have been placed in ISS (at any point in the school year by any teacher or short term ISS by a band director) will not be able to attend. VOLUNTEERS MUST FILL OUT THE VOLUNTEER FORMS ON THE FISD WEBSITE!!!**

Eligibility

Band activities are divided into two categories:

- 1) Curricular (class assignments, pep rallies, before/after school rehearsals, and concerts)
- 2) Extra-Curricular (any performance where an entry or admission fee is paid—i.e. Football games, Sandy Lake, UIL, etc)

*If a student receives a 69 or below in any subject, they are ineligible for the six weeks period following that grade. If they are passing all classes on their progress report, they may become eligible again at the end of the 4th week.

If a student cannot attend an extra-curricular performance due to grades, they will be required to do a make-up assignment that will take them approximately the same number of hours that the performance requires.

Playing Journals

Students are required to turn in a **signed** playing journal each **Monday**. Students must practice regularly to achieve a continuing level of success and improve on their instruments. All students, regardless of performance level, need to practice not only to learn the assigned music for class but to improve as performers on their instrument. The journal should be filled out each day the student practices, signed by a parent, and returned to school on Monday. The journal will be graded and returned so that the record can stay in the student's notebook. **Extra rehearsals, personal training sessions, sectionals, concerts, etc do count as 30 minutes on the playing journal.**

Playing time will be graded as follows:

Beginners (2/3rd 6 Weeks)		Beginner (4/5/6 weeks)	
Grade	Time Practiced in minutes	Grade	Minutes Practiced
105	121-up	105	121-up
100	100	100	120
90	90-99	90	100-119
80	80-89	80	80-99
70	70-79	70	60-79
60	Less than 70 minutes	60	Less than 60 minutes

All Advanced Bands (all six weeks) - students are required to turn in FOUR playing journals per six weeks. (They receive 2 "free" weeks per grading period.)

Grade	Minutes Practiced
105	140-up
100	135
90	120-134
80	90-119
70	70-89
60	Less than 60 minutes

Practicing is not an optional "when I feel like it" activity. It is required just like homework in core classes. Practicing is vital to the success of every individual, and a consistent daily routine will benefit the student tremendously.

Since we have so many talented students and we want them all to be successful, we have placed them according to their ability. If that changes due to extra or lack of practice, students will be moved accordingly.

Band Equipment/Facilities

Instruments

Once instruments are assigned/delivered, they become the students responsibility. While at school, students should place their instruments in their **LOCKED** lockers, to prevent tampering or theft. **NO ONE SHOULD HANDLE AN INSTRUMENT THAT DOES NOT BELONG TO THEM — INCLUDING PERCUSSION EQUIPMENT!**

- All instruments should have a name tag. Should your instrument need repair, **please consult with a director! Never try to repair an instrument yourself.** Most instrument repair jobs require specific tools and skills to repair.
- Students using school instruments should take the same care as they would with their own instruments. Students using school instruments, as well as, 7/8th grade percussion, are required to pay a yearly usage fee. Percussion is \$50 per year, all others are \$100 per year. (Information and payment schedules are available at the beginning of each school year.) **The student and parent/guardian is liable for damage to school instruments due to negligence, carelessness, or loss.** Students must always inform a director of any necessary repairs.
- All instruments should be taken home daily.** This helps with the safety as well as the home practice requirements of the instruments. Combination locks will be used for all lockers. All combination locks are school property and should be treated as such. Students will be given their combination the first day of school.

Music/Copies

All students are required to have a band binder with sheet protectors. This prevents students from losing their music. Should a student lose a copy of their music/handouts and wish a director to copy it; they will need to pay 25 cents for the first copy and 50 cents for the second copy. They may also borrow music from a classmate and copy it themselves.

Chairs/Stands

The chairs and stands are very expensive to replace and can be broken easily by leaning or doing homework on them. Please help us keep these for a long time by taking care of them now!

Band Hall/Playing Rooms

These are your facilities and they should reflect your attitude towards the band program. Show respect to each other by keeping these areas neat and clean. **NO food, soft drinks, or gum will be allowed. Students will receive 1 warning for gum; after that it is a C-Hall.** (Playing while chewing gum could result in choking.) These rooms will be available before/after school to help students fulfill their playing requirements.



Anything worth doing requires time, hard work, and a lot of effort.
 This is the probably the first time, in a school situation, that your child will have to “practice” something in a particular manner in order to see real improvement.

FOR STUDENTS

Things you can do to ensure your own success:

Incorrect habits are sometimes more easily developed than correct habits and habits are hard to change. **THINK** when you practice. Just like in video gaming, athletics, and skateboarding; careful and specific practice will lead you to improvement. **Practice for results**, not just to put in the time.

- Warm up correctly
- Set a goal—pick something to improve upon
- Isolate problems and repeat them over and over **SLOWLY**
- Practice the things you have not yet mastered!!
- The more consistent you are with practice time, what, and how you practice, the better your results!! ALWAYS PRACTICE 4 RESULTS!
- **Practice does not make perfect. PRACTICE MAKES PERMA-NENT...PERFECT PRATICE MAKES PERFECT!**
- **PRACTICE the way you want to PERFORM!**

FOR PARENTS

Things you can do to help your child succeed:

- Provide a distraction-free place for your child to practice (If they are unable to do this at home, you can bring them early or pick them up late from school.)
- Listen to and encourage your child play on a regular basis
- Ask question about what you hear:
 - What is your assignment?
 - Am I hearing the same daily warm-up? (This is important!)
 - Am I hearing music they can already play, or is there an attempt at new material?
 - When they play familiar tunes do they move along steadily or are they jerky?
- Acknowledge their improvement on a regular basis
- Look at your child’s playing journal before signing it

Learning *how* to practice is an important part of playing an instrument!



Personal Training Program

Personal trainers use your strengths to better your weaknesses! Everyone who wants to succeed has a “personal trainer” or mentor of some sorts—this is your child’s opportunity to learn from the best! Most of our personal trainers have or are working on their Masters and/or Doctorate in Performance. **They are awesome!** They can customize the **one on one**-time they spend with your child whether they are a beginner or advanced. It is our experience that hard work will always “beat out” talent...this is your chance to give your child that extra edge!

Trainers are available on each instrument! Sessions are scheduled on a first come, first served basis with each trainer. They are approximately 30 minutes in length and can be scheduled during class, and/or before/after school. Our most successful students have always had personal trainers! **Eighth grade students should plan on having a personal trainer. All 8th grade students will audition for all-region and would benefit greatly from personal training sessions!**

Keys to Success!

- Be fully prepared at each session
- Bring a pencil and all materials (Keep a written log of assignments so you don’t forget!)
- Let the trainer know if you need specific help with audition/solo/ band music.
- **Notify the personal trainer (not band directors) 24 hours in advance if you need to reschedule a session. If you do not give them 24 hours notice, you are still required to pay for the session.** If students are absent, please make every effort to contact the trainer.
- **Checks should be made out to individual personal trainers.** Most of our trainers are college students who use this as their **sole** source of income. **PLEASE pay at the beginning of each month!**
- **Cost is \$16 per session (usually once a week)**
- Due to the nature of the instructors’ financial arrangement, we ask that any student wishing to discontinue the lesson program wait until the completion of the semester.
- Personal trainers’ phone numbers and e-mail addresses can be found online at: www.phmsband.com