

**Saturday, November 5th, 2022**

**Session 6: 8:30-9:00 a.m.**

### **Songwriting Session With Twin Flames**

Presenter: Twin Flames

Focus: Wellness/Creativity Level: All

Location: Huron Grand Ballroom 1 & 2 - Village Conference Centre -Ground Floor

Sponsor: OMEA Elevate 2022

EVER WANTED TO WRITE A SONG, BUT NOT KNOWN HOW?

Join Multi-Award-Winning chart-topping Canadian Indigenous Duo Twin Flames, a husband-wife team to explore some of the fundamentals of songwriting. Topics include: setting words to music, time and pitch, working with melody, chords and chord progressions, song forms and if time arranging your song.

### **OMEA "Tempo" Run**

Presenter: Josh Geddis & Lauren Simmons

Focus: Wellness Level: All

Location: Petun I

Sponsor: OMEA Elevate 2022

Join Josh and Lauren for an OMEA first: a fun run exploring the Blue Mountain area! Get some activity to help your body and mind process all the learning you've been doing at the conference, and get some fresh air! All paces, including walking, are welcome.

### **Voice Care For Music Educators**

Presenter: Sarah Morrison

Focus: Wellness Level: All

Location: Nipissing Room - Village Conference Centre - Mezzanine Level

Sponsor: OMEA Elevate 2022

Voice is used as a central part of pedagogy and identity. As many as one-half of all teachers experience voice disorder and this has been impacted by the pandemic. Many vocal issues can be self-managed through awareness of the voice and how it works. Focusing on well-being, this workshop will feature varied vocal exercises to support music educators as professional voice users.

### **The Renaissance DJ**

Presenter: Joseph Khargie & Suneil Baboolal

Focus: STEAM Level: Grades 3-10

Location: Algonquin Room - Village Conference Centre - Mezzanine Level

Sponsor: OMEA Elevate 2022, Math Thru Music

Immerse yourselves in the art of DJing as we show the relevance of coding, math, physics, social justice and entrepreneurship. Witness all these subjects come to life as you listen to your favourite music while enjoying hands-on learning. At the Elevate 2022 workshop, we look forward to having DJ equipment set up for participants to see, hear and touch while we teach in a culturally responsive way.

### **Music and Mindfulness**

Presenter: Gillian Whortley & Cheryl McGinnis

Focus: General Level: P/J/I

Location: Petun II - Village Conference Centre - Mezzanine Level

Sponsor: OMEA Elevate 2022

The use of music in teaching mindfulness to students can potentially help to mitigate today's ever-increasing stress, anxiety and mental health challenges. By focusing on breath awareness, meditation through song and mindfulness techniques, participants will learn to harness music's therapeutic potential in the management of anxiety and the development of focus and concentration in music class.

### **Demystifying Improvisation To Promote Resilience And Well-being Wellness In The Intermediate Classroom**

Presenter: Aimee Berends

Focus: Wellness Level: J/I

Location: Georgian Bay Ballroom 1 - Village Conference Centre - Third Floor

Sponsor: OMEA Elevate 2022

Activities supporting resilience and wellness are quickly becoming more integrated in curriculum planning as we enter a stage of pandemic recovery. Developed by Room 217, the musicare approach is the intentional use of music to improve health and well-being. This Workshop will focus on how to use improvisation in the intermediate classroom to promote a "culture of confidence through creativity".

### **Elevating Mental Health And Wellness In Your Classroom - Community Mental Health/Wellness**

Presenter: Lyndsay Promane

Focus: Wellness Level: J/I

Location: Georgian Bay Ballroom 3 - Village Conference Centre - Third Floor

Sponsor: OMEA Elevate 2022

Student wellness has become a foundational value in modern learning spaces. In this Workshop, we will examine the following question: how might we create an emotionally safe learning environment for learners to grow and take risks? It will be explored through fostering wellness and teachers and students, drawing connections to course materials, and turning intentions into action in our communities.

### **Big Heart Journey: Exploring Music And Emotion With Elementary Students**

Presenter: Taes Leavitt & Nick Godsoe

Focus: SEL Level: FDK-P

Location: Silver Creek 1 & 2 - Village Conference Centre - Third Floor

Sponsor: OMEA Elevate 2022, MusiCounts

The MusiCounts Learn Big Heart Journey is a resource for elementary educators that uses mindfulness, movement, and music to help kids understand - and take control of - their emotions. In this session, the

presenters will discuss practical, easy to implement activities on how to use music as a tool in helping young students prioritise their feelings, emotions, and mental wellness.

### **Music And Prevention Of Hearing Loss**

Presenter: Marshall Chasin

Focus: Wellness Level: All

Location: Whistler Meeting Room - The Westin Trillium House

Sponsor: OMEA Elevate 2022

Music exposure can pose a problem, especially with the advent of "portable" music. The ear does not know the difference between industrial noise and music. This talk is an overview of those factors affecting hearing for musicians and music teachers, focussing on environmental strategies, some tricks, and hearing protection to minimise the potential damaging effects of music.

### **Music and Mental Health**

Presenter: Courtney Bowles & Graham Unsted

Focus: Mental Health Level: All

Location: Mont Tremblant Meeting Room 1 & 2 - The Westin Trillium House

Sponsor: OMEA Elevate 2022, School of Rock Markham

This workshop instructs on musical and vocal techniques and group exercises that help to reduce stress, work through emotions, and change communication boundaries and focus. Information is applicable for both adults and children. This is an extension of music therapy.