

What's happening in the news this week?



Let's have a look at this week's poster!

21st - 27th October 2024



Picture
News

**What impact can music
have on our lives?**



Let's look at this week's story

Following a ten-year campaign, music exam boards have announced they will now be including Sikh sacred music, also known as Kirtan, on their syllabus. It will be examined alongside violin and percussion instruments. The campaign to get the music recognised was led by Dr Harjinder Lallie, the co-director of Birmingham-based Gurmat Sangeet Academy.



Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).



How does it make me feel?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

This week's story looks at events related to ...





Read through the information below and share your response to the new music qualification.

What is the new music qualification?



A music examination in Sikh sacred music has been launched in the UK. The new exam includes South Asian string instruments for the first time. The music, known as Kirtan, has become part of the universal eight grade music exams.

The exams are also available online for pupils across the globe to access, with schools in India and the United States already expressing an interest in submitting their students.

We've got kids learning Kirtan all over the UK, all over the world. We want those kids to earn something out of it ... to feel that what they've done has been valued.

Dr Harjinder Lallie, the co-director of the Gurmat Sangeet Academy in Birmingham, who was behind the campaign.

Dr Harjinder Lallie believes the exam will enable more pupils studying Sikh sacred music to be recognised and appreciated for their talents.



Pictured: Sikh people perform Kirtan at the Sri Guru Singh Sabha Gurdwara in Southall, West London, as the new music examination for Sikh sacred music is launched. **Source:** Simran Channa Photography.

What is Kirtan?

Kirtan refers to Sikh devotional music. It is also an important aspect of Sikhism which refers to singing sacred hymns from the Guru Granth Sahib (the main Sikh religious scripture), accompanied by music.





Look at the instruments below. Do you recognise any of them? What are their names? How are they played?

Credit: gurmatsangeetorg



Dilruba



Tambourine

Credit: @HimanjeliGautam X page



Harmonium



Sarangi



Guitar



Tabla



Recorder



Look at the resource below, which shares examples of people experiencing music. For each, discuss how you think the music has brought people together.



Music for celebrating.



Playing in a band
or listening to them.



Dancing to music
with family at home.



Listening to music alone.



Dancing to music at a disco.



Playing instruments.



Busking, which is performing
music in public spaces.



Singing.



Music at a festival.

**Have you ever experienced music in these ways?
Has music ever helped you feel more connected to someone?**



**What impact can music
have on our lives?**

Reflection



Music is a powerful tool. It can unite people in both joy and sadness, it can bring back powerful memories and be an important part of faiths or rituals.





Democracy

We all have a voice and can use it to bring about change. After ten years of campaigning, exam boards will now formally recognise Sikh sacred music.

Protected Characteristics



For some people, music plays a part in their religion. It may be used to celebrate or mark festivals and special times of the year. Music could also form part of someone's spiritual journey. We should never be treated unfairly because of our religion.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



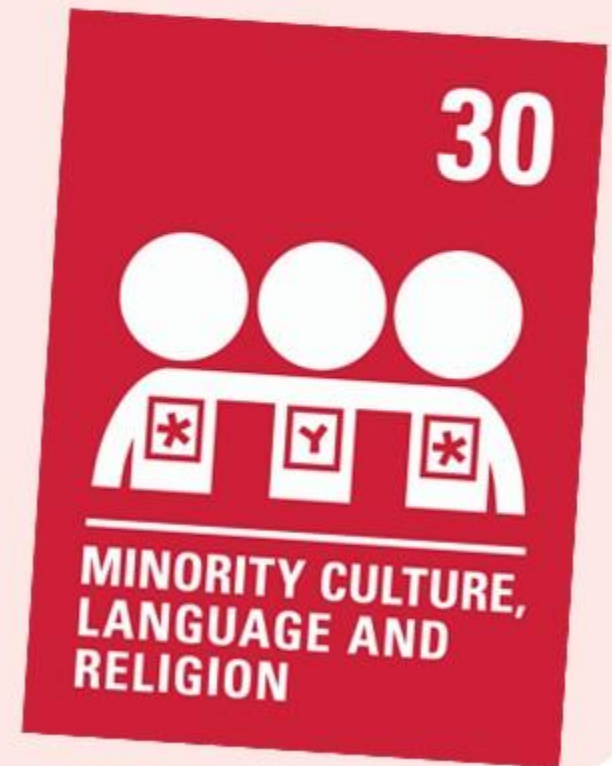
Religion
or Belief



UN Rights of the Child



Children have the right to use their own language, culture and religion, even if these are not shared by most people in the country where they live.



Useful vocabulary



Devotional

Something that is done to show love for someone or something important in a religion.

Kirtan refers to Sikh **devotional** music.

Procession

A group of people walking together in a line or row, usually for a special event like a celebration or religious ceremony.

It shows a group of Sikh children performing during a **procession** for Nagar Kirtan.

Sacred

Something very special or important, usually connected with religion.

A music examination in Sikh **sacred** music has been launched in the UK.

Scripture

A special book or set of writings that are important in a religion and teach people about their beliefs.

It is also one of the important aspects of Sikhism, which refers to the singing of Sacred Hymns from the Guru Granth Sahib (the main religious **scripture** of Sikhism), accompanied by music.

Syllabus

A plan that shows the subjects or books that will be studied in a course.

Music exam boards have announced they will now be including Sikh sacred music, also known as Kirtan, on their **syllabus**.

Universal

Something that is for everyone, everywhere.

The new exam will see [...] the music known as Kirtan becoming part of the **universal** eight grade music exams.

Can you use them in your writing this week?

Collective worship



Bible Link: 1 Samuel 16:23

Christian Value: Joy

Theme: Marvellous music



Pupil involvement

Ask for volunteers to prepare a musical performance to share with everyone.

Use this opportunity to showcase some of your musical talent! Encourage everyone to tap, sway or clap along to the performances.

Once they are over, think about the different instruments that were played. Ask the volunteers how long they have been playing and whether they have taken any exams.

Discuss favourite instruments and types of music. Think about how you feel when playing or listening to your favourite music.

Pupil talk

- What music do you enjoy listening to or playing most?
- How does it make you feel?
- Can you imagine not being able to share your favourite music with others?

Think

Following a ten-year campaign, music exam boards have announced they will now be including Sikh sacred music, also known as Kirtan, on their syllabus. It will be examined alongside violin and percussion instruments. The campaign to get the music recognised was led by Dr Harjinder Lallie, the co-director of Birmingham-based Gurmat Sangeet Academy.

Music is powerful and can have a huge impact on us. It has the power to affect our emotions and how we feel. In the Old Testament, a King named Saul is troubled with anxiety, sadness and anger. However, when David, a young shepherd boy, played the lyre (a stringed musical instrument), Saul felt better.

Invitation prayer

Dear God,
Thank you for the wonderful and varied music we can enjoy,
Thank you for all the different instruments all around the world,
Help us to share in the joy music can bring to one another,
Amen

Key stage 1 class discussion

- Listen to a range of different music such as: Kirtan, pop, classical, country, samba, blues. (If you do not have a collection in school, you can search online).
- For each piece of music, discuss how it makes you feel and what you like or dislike about it.

Key stage 2 class discussion

- Think about the music you listen to. How can it affect how you feel? Has a piece of music ever cheered you up, made you feel sad, motivated you?
- What can you learn from music? Can it teach you more about yourself, others and the world? Can it help you make or explore connections?

Worship song

Praise the Lord in everything!



God



Creation



Fall



People of God



Incarnation



Gospel



Salvation



Kingdom of God

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What impact can music have on our lives?

Following a ten-year campaign, music exam boards have announced they will now be including Sikh sacred music, also known as Kirtan, on their syllabus. It will be examined alongside violin and percussion instruments. The campaign to get the music recognised was led by Dr Harjinder Lallie, the co-director of Birmingham-based Gurmat Sangeet Academy.



- Look at this week's poster and describe what you can see. Can you make a prediction as to what you think this week's story could be about? It shows a group of Sikh children performing during a procession for Nagar Kirtan (an important festival for Sikhs).
- What types of music do you enjoy listening to? Talk about how we all enjoy different types of music.
- When you listen to music, how does it make you feel? What about when you are feeling a certain way, do you choose or want to listen to different types of music? E.g., if you are at a party, you may listen to happy party music, or if you are sad, maybe calmer and more reflective music.
- Do you enjoy making music, e.g., singing or playing an instrument?
- Do you think music can help us understand and learn more about other cultures? If so, how?
- Watch this week's useful video and read through the information found on the assembly resource. Share your response to the new music qualifications.

Reflection

Music is a powerful tool. It can unite people in both joy and sadness, it can bring back powerful memories and be an important part of faiths or rituals.

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KS1 focus

What are some of the instruments used in Sikh sacred music?



- What musical instruments do you know? Which do you like? Do you play any instruments, or would you like to? Which ones?
- Look at resource 1, which shows a variety of different instruments. Can you name any of them? How are they played? What do they sound like? Can you imitate the sounds they make by clapping, tapping, humming etc?
- Work in pairs to sort the instruments into groups e.g., known and unknown, string, wind and percussion, like and dislike. How did you sort them? Compare your ideas with another pair.
- The harmonium, sarangi, tabla and dilruba are important instruments used in Sikh sacred music.
- Have you ever seen or heard these instruments before? How are these instruments different from other instruments you are familiar with? How are they the same? What do you think they sound like?
- Have you heard music from another country before? Which country was it from? What genre of music was it? What did it sound like?
- When do you listen to music e.g., in the car, assemblies, at a party? Why do you listen to music at these times? How do you feel when you listen to music? Does this vary?

Reflection

There is a wealth of music to explore from all over the world. Music has the power to bring people together and help us understand different cultures and feelings.

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KS2 focus

What are some ways music can bring people together?



- Think about all the times you have encountered music over the last few weeks. Have you had a music lesson, listened to music at home, heard music whilst out somewhere, hummed or sung to yourself? Discuss who you were with and how you felt.
- Look at resource 2, which shares examples of people experiencing music. Have you ever experienced music in these ways? For each, discuss how you think the music has brought people together. Has music ever helped you feel more connected to someone?
- Focus on the image on resource 2, where the person is listening to music alone. Have you ever listened to music alone? What did you listen to? How did you feel? Do you think it brought you closer to others?
- Sometimes listening to music alone can help us relax, organise our thoughts, reflect on current situations and learn more about ourselves. How do you think this can then bring us closer to others?
- Have you ever enjoyed music with people you do not know? Has music ever helped you learn about other cultures or faiths? Has music ever helped you find someone, who shares a common interest or passion? If so, the music helped bring you together!
- Write 'empathy' on the board. Share your understanding of empathy and its value. How can music develop empathy and how can that bring people closer?

Reflection

Music is all around us and there are so many different ways we can listen to it. It can help deepen our connections with other people and the world, and can help us learn more about ourselves.

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KS2 follow-up ideas

Option 1

Read and research to find out about instruments that originate in different places around the world.

- Can you find an instrument for each continent?
- Can you find the most popular instruments in a country? How does this compare with another country?
- What materials are used to make the instruments?
- Find a brass, stringed, woodwind and percussion instrument. Locate the country each originated in.
- How do different countries classify musical instruments?

Challenge – can you find some of the oldest instruments in the world?

Option 2

Vote for the music you will use to choreograph a class dance, bringing you all together! You could choreograph the beginning and end of your performance as a whole class, taking ideas and suggestions from everyone, then split into smaller groups to perform in between. Think about:

- Level – some moves high, some moves low.
- Unison or cannon – everyone move at the same time or each person moves one at a time.
- Direction – vary the way you move or face.

Perhaps you could perform your dance to other classes or even invite your families in. You would be bringing even more people together!

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KS1 follow-up ideas

Option 1

Move to the music! Play a variety of music including pop, Kirtan, Bollywood, classical etc. Close your eyes and listen to the music. Some of it will be slow and peaceful, some might be fast and exciting.

- How does the music make you feel e.g., happy, calm, energised? Share ideas with your friends!

Now, it's time to move! You can dance however you like. Let the music guide your feet! You might move slowly if the music is calm or jump and twirl if it's fast and fun. There's no wrong way to dance - just enjoy yourself!

Option 2

Today, you get to make your very own musical instrument! Think about:

- What sort of instrument will you make?
- How do you want your instrument to sound?
- How will your instrument be played e.g., tap, pluck, shake?
- What materials will you need?
- How will you join materials together?

Use things in the classroom or you could bring in materials from home, like plastic bottles or paper tubes.

Once you've made your instrument, decorate it with colours and stickers to make it look special. You could even join together and play your instrument alongside your friends!

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This week's useful websites

This week's news story

www.bbc.com/news/articles/c990exj2pyjo

This week's useful video

What is Kirtan and the new qualification?
www.bbc.com/news/videos/c9dyn961z7o

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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Bring Back Our Beach!

People are being asked to return pebbles to Saundersfoot Beach in Wales to help protect homes and stop the beach from being washed away. The pebbles play a very important role in stopping coastal erosion, which happens when waves and water slowly wear away the land. Councillor Chris Williams explained, 'The pebbles help protect the beach and nearby homes. Without them, we're at risk.' Many visitors have been taking the pebbles home as souvenirs or to paint and decorate, but experts warn this could harm the beach in the long run. The Pembrokeshire Coast National Park Authority said, 'Even

though taking one pebble seems small, it can make a big difference over time.' Some people didn't realise taking pebbles could cause problems. One visitor said, 'We took a few to decorate at home but didn't know it could affect the beach.' Chris Williams hopes people will return the stones they've taken. 'In an ideal world, we'd love for the pebbles to be returned,' he added.



Pictured: Pebbles on the beach.
Source: Canva.

Super Sighing!

Did you know that breathing can help you feel better? There's a special breathing exercise called 'cyclic sighing' that can help lift your mood and lower anxiety. It's very easy to do! First, breathe in through your nose, filling your lungs, and then slowly let the air out through your mouth. Doctors say this simple exercise can make a big difference when you feel worried or stressed. Dr Emma White says, 'Taking deep breaths and letting them out slowly helps your body relax and feel calmer.' You can try



Pictured: Student practising their 'cyclic sighing'.
Source: Canva.

it anytime you feel nervous or just want to feel peaceful. Even just a few breaths can help! The next time you're feeling upset or anxious, remember to practise your super sighing and see how it helps. A deep breath can be the first step to feeling much better.

How important are human interactions?



I love seeing my friends at school and we also spend time together online. I think both ways of interacting are important. Milo

Burning Brightly

The amazing A3 comet will be seen burning brightly across the sky this month! The Royal Greenwich Observatory are calling it 'the most impressive comet of the year!' Comet C/2023 A3 (Tsuchinshan-ATLAS) is predicted to be so bright, it will be visible to the naked eye. The best way to spot the A3 comet in the northern hemisphere is to look west just after



Pictured: Comet C/2023 A3 (Tsuchinshan-ATLAS) taken from the International Space Station. **Source:** Don Pettit @astro_Pettit on X.

sunset, before 30th October. Long-period comets, like this one, take many hundreds of years to orbit the sun. This comet could last be seen from Earth around 80,000 years ago. Long-period comets (the brightest and most active) come from the Oort Cloud. The Oort Cloud is described by NASA as a 'big, thick-walled bubble made of icy pieces of space debris the size of mountains and sometimes larger.'

Do you like to gaze at the night sky?

Do you enjoy learning about comets in space?



Pictured: Image showing the Oort Cloud. **Source:** NASA Explore The Universe on Facebook.

Cracking the Clues!

A French treasure hunt has come to an end with the discovery of a Golden Owl! It has been announced that the 'world's longest treasure hunt' is finally complete. For 31 years, puzzle solvers from around the globe have been trying to solve the riddles laid out by author, Regis Hauser, in the book, 'Sur la Trace de la Chouette d'Or'! Michel Becker, who illustrated the original Chouette d'Or book (meaning 'golden owl'), posted on the hunt's official chatline, 'We confirm that the replica of the golden owl was dug up last night, and that simultaneously a solution has been sent on the online verification system. It is therefore now pointless travelling to dig at any place you believe the cache might be situated.' Treasure hunters needed to solve eleven riddles written in the book,

first published in 1993, and find an additional, secret twelfth clue. The answers revealed a location, where hunters had to find the golden owl token. This, in turn, could then be exchanged for the real golden owl – a statue made of 3kg of gold and 7kg of silver, with diamonds on the face, reported to be worth £125,000!

Have you ever been on a treasure hunt?

Would like to take part in one like this?



Pictured: Searching for treasure using a map and clues. **Source:** Canva.

How important are human interactions?



I think human interactions are very important, adults are at work for a very long time. We all need people to talk to.

Nadia

Let us know what you think about this week's news



picture-news.co.uk/discuss



help@picture-news.co.uk



@HelpPicture

TAKEHOME

21st - 27th
October



What impact can music have on our lives?



In the news this week

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Things to talk about at home ...

- > Have you ever learnt to play a musical instrument? Would you like to?
- > What type of music do you like listening to? Ask others at home what they like to listen to. Is it the same as or different from what you like?
- > Can you think of times when we listen to music or make music with others?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss

