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Parent Corner

January 2024

Staying Healthy while Learning Music

Staying Healthy While Learning Music

Follow Directions



FOLLOW the illness policies provided by your music teacher. If you have questions about whether you should attend lessons or not, contact your music teacher.

Clean Your Hands

CLEAN YOUR HANDS thoroughly before and after practicing your instrument, attending lessons, attending orchestra practice, etc.

REMEMBER: Hand sanitizer kills germs, but it doesn't get rid of dirt and grime on hands.



Bring Your Own Supplies

Stay Prepared and stay healthy!
BRING YOUR OWN SUPPLIES to lessons, such as pencils, highlighters, colored pencils/markers, etc.



Read and Learn

RESEARCH YOUR ILLNESS. Illnesses can have varying incubation and contagion periods. Even if you start to feel better, you



ones in the CHECK IT OUT section to find out if you could still spread illness to others.

Clean Your Instrument

CLEAN YOUR INSTRUMENT after you have an illness. It helps reduce spreading illness to others or reinfecting yourself with a bacterial illness.

Visit the links in the CHECK IT OUT section to find out some of the best methods for cleaning your instrument!



Check It Out!

Resources for illness information:

National Institutes of Health

<https://www.nih.gov/health-information>

Texas Department of State Health Services

<https://www.dshs.texas.gov/>

Cleaning Your Stringed Instrument:

Article by Wyatt Violin Shop*

<https://www.wyattviolin.com/blog/2020/4/20/our-response-to-the-question-how-do-i-sanitize-my-instrument-or-bow>

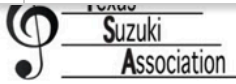
*STXSA is not responsible for any damage that may occur by following the advice from these articles.

Article by Seman Violins (Includes Tips for Cleaning Varnish.)*

<https://www.semanviolins.com/instrument-handling-and-cleaning#:~:text=Instrument%20varnish%20can%20be%20very,varnish%20can%20clean%20the%20violin.>

Newsletter Suggestions: [CLICK HERE](#)





STXSA PRESENTS



Spring Workshop

SATURDAY FEB. 17TH
12:30PM TO 4:30PM



- MARIACHI GROUP CLASS
- MUSIC MIND GAMES CLASS
- BABY SUZUKI CLASS
AGE 0 TO 4



Jose Longoria



Alex Caplis-Tuttle



Danette Warren



Priscila Cardenas

St. Paul's Episcopal Church

5373 Franz Rd, Katy, TX 77493



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