

[View this email in your browser](#)



We hope you are enjoying this Parent Corner newsletter this month. This is a benefit of Family Membership (and Teacher membership too). To continue to receive these informative newsletters every month, join STXSA!

Join STXSA

Fall Festival is this Saturday, September 21, 2024 - 10am-1pm
EARLY-BIRD PRICING EXTENDED! Only \$45 if you register in advance.
\$50 registration fee on the day of the event.

Register today for Fall Festival

FALL FESTIVAL

September 21st, 2024
10am to 1pm
Emmanuel Episcopal Church
3785 Barker Cypress Road
Houston, TX 77084

Choose Your Own Adventure!

- 01. Music and Movement**
Teresa Hakel
- 02. Cello Tech/Rep**
Dr. Shu-Yi Scott
- 03. Violin Tech/Rep**
Cathlin Reese
- 04. Fiddle Class**
Danette Warren
- 05. Sight Reading Orchestra/Region Audition Tips**
Michael Fahey

Scan to register!

FALL FESTIVAL CLASSES

10:00 AM

Class 1 Choices

1. Music and Movement Age 10+
2. Fiddle Class All instrument, All Level
3. Cello Tech/Rep Pre Twinkle - Book 1
4. Violin Tech/Rep Pre Twinkle - Book 1
5. Sight Reading Orchestra Book 3

10:50 AM

Class 2 Choices

1. Music and Movement Class Age 7-9
2. Fiddle Class All instrument, All Level
3. Cello Tech/Rep Book 2-3
4. Violin Tech/Rep Book 2-3
5. Region Audition Tips with Mr. Fahey

11:40 AM

Class 3 Choices

1. Music and Movement Class Age 4-6
2. Fiddle Class All instruments and All Level
3. Cello Tech/Rep Book 4+
4. Violin Tech/Rep Book 4+

12:30 PM

Showcase Performance

By Danette Warren

Do you ever feel like starting a new school year is almost like another January 1st? If you are like me, it's just another opportunity to rethink your entire life, fix all the things and then get stressed out about getting everything 'right' and making this year 'perfect'. I buy the new planner and all the organizer bins, make the new schedule, get the new clothes, obsess over all the details, etc, etc, etc. Usually after a couple weeks of unsuccessfully striving, I'm back to scrambling through my same usual hot mess.

This year, I'm not going to do that again. According to all the experts, the tiny, intentional changes are the ones that have the most impact. Author James Clear (*Atomic Habits: Tiny Changes, Remarkable Results*) says that "it doesn't matter how successful or unsuccessful you are right now. What matters is whether your habits are putting you on the path toward success."

So it seems that I need to look at my habits. What is working and what is not working. If something isn't working, can I make a small, intentional change that is simple, easy and sustainable to put me on a path towards success?

For example, I know that I need to drink more water. I'm notorious for having half-full bottles of water all over my apartment that just sit around forever until I finally dump them out. I have found that I will finish a mini-bottle of water (8oz) and I am most likely to take the path of least resistance and grab whatever is on-hand when I need a beverage. So I ordered a case of 8oz water bottles (thank you Amazon Fresh!), got a clear plastic container, filled it up with the water bottles, and set it on the kitchen counter where I can't walk by without being within arms reach of the water. Consequently, I find myself grabbing a bottle almost every time I walk by, and since it's the right size, I will actually finish it! Win-win.

Since I am a Suzuki violin, viola and Early Childhood Education teacher, I'm sure you were anticipating that we were going to talk about practicing at some point and not about hydration strategies. So, how can we relate this to music study?

1. Remove the need to be 'perfect'. Yes, you have heard that you are supposed to practice every day. Yes, you have heard that you are supposed to do everything your teacher assigns in every practice session. Yes, you have heard that you are supposed to motivate your child and get them to happily do everything perfectly every practice session. Well, STOP RIGHT NOW! No one is perfect. We are all human. Yes, even your teacher is human. ;-) As our beloved Elsa says, just "let it go". You are living in the real world, living a real life. No one can be perfect. It's just not humanly possible.

2. Set your intention. My intention in the water example was just to drink more water than I was before. Your intention could be so many things. For example, smiling more during practice sessions, arriving at

with this year.

3. Create your 'system'. My water system was to remove as many obstacles as I could to make it easier to drink the water. I knew that I would not carry around a fancy Stanley cup, I would not drink the big bottles of water, and would not go looking for them in the pantry cupboard. It had to be SO EASY that I couldn't not do it. So, if your intention is to smile more during practice, making happier practice sessions, you could put smile emoji stickers on your books, give your child a page of stickers that they can award to YOU every time you smile during practice, add a few funny games or activities to your Suzuki materials, etc. If you want to arrive at lessons more relaxed, set up a space at home where you can keep all the music and practice materials, create a routine where you pack up all the things you need for the lesson after the last practice the day/night before the lesson, set two reminders/alarms on your phone (one giving you 15 or 30 minutes to get ready to go to the lesson and one when it's actually time to get in the car), plan your schedule to arrive a few minutes early in case of traffic, etc., pack a snack for the car so your child is fed and relaxed, listen to the Suzuki recording in the car to get in lesson mood, etc.

These are just possible examples. You might find that they work for you or you might find another strategy that works better. I don't know anyone else who has a tub of 8oz water bottles on their kitchen counter, but it's working for me and that's what counts.

Hearing again from James Clear, "improving by 1 percent isn't particularly notable— sometimes it isn't even noticeable—but it can be far more meaningful, especially in the long run. The difference a tiny improvement can make over time is astounding. Here's how the math works out: if you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done. Conversely, if you get 1 percent worse each day for one year, you'll decline nearly down to zero. What starts as a small win or a minor setback accumulates into something much more."

Here's hoping that we can all remove the stress of being 'perfect' and just stay on that path towards success!

Meet the author on October 5!

(don't worry if you haven't finished the book. We all get busy sometimes... please join us and listen in on the discussion!)

[Books available here!](#)

Parent & Teacher Book Club

KIDS AREN'T LAZY: DEVELOPING MOTIVATION AND TALENT THROUGH MUSIC
WITH AUTHOR LAUREN HALEY

OCT 5 2024 7PM	APRIL 26 2025 7PM	LA MADELINE - MEYERLAND 4700 BEECHNUT ST UNIT 620 HOUSTON, TX 77096
----------------------	-------------------------	---------------------------------------------------------------------------

MINDSET: THE NEW PSYCHOLOGY OF SUCCESS
BY CAROL S. DWECK PHD

More info at: STXSA.org

Resources

<https://jamesclear.com/atomic-habits-summary>

[Southeast Texas Suzuki Association](#)

[Suzuki Association of the Americas](#)

PARENT CORNER ARCHIVES: [CLICK HERE](#)

Questions? Suggestions? [CLICK HERE](#)

STXSA Event Calendar 2024-2025

May 3 - Graduation Concert
 April 26 - Parent & Teacher Book Club
 April 24 - Parent Night Online #2
 April 5 - Ribbon Festival
 March 17 - Graduation Recording Deadline
 February 15 - Summer Institute Scholarship Award Announcement
 February 8 - STXSA Spring String Fling
 February 3 - Summer Suzuki Institute Scholarship Application Deadline
 November 7 - Parent Night Online #1
 October 30 - Graduation Application Deadline
 October 25 - Spooky Suzuki
 October 5 - Parent & Teacher Book Club
 September 21 - Fall Festival

STXSA Teacher Meeting Calendar 2024-2025

-
- January 12 - Teacher General Meeting
 - March 2 - Board Meeting
 - April 26 - Parent & Teacher Book Club
 - May 4 - Board Meeting
 - May 18 - Teacher General Meeting and End-of-Year Party
-



Copyright © 2024 STXSA, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

