



Newsletter 58



Summer 2017

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Rainbow Songs Launches Pre-natal Music Workshop this Fall!

Rainbow Songs is excited to announce an upcoming 3-part workshop series that will teach expectant parents **how to use music to communicate, connect, grow and bond with baby before and after birth.**

Led by veteran instructor (and mom) Jessica Blake, the series will give participants an underlying understanding of how pre-natal music works, a singing repertoire, basic baby sign language skills, as well as a sense of well being and confidence!

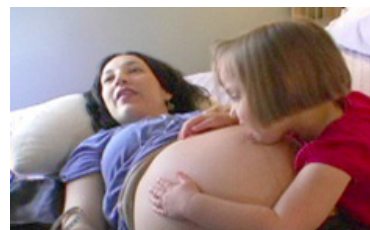
Why pre-natal music? All children are musical from birth. We can further develop this innate talent by bonding, connecting and interacting with our baby in musical ways while they are in utero. The skills and songs learned will benefit both caregivers and baby and will give you lifelong positive memories and repertoire.

Did you know? The baby's ear is the first sense organ to develop and hearing is one the most developed senses in the womb. Post birth, singing and sharing music strengthens the emotional bond between caregiver and infant because it releases oxytocin (which causes feelings of trust), dopamine (feel good hormone), and prolactin (hormone that bonds people).

Singing to your infant is your child's first language lesson and can prevent language problems later in life, helps them learn how to discriminate sounds, helps speech development, and improves memory and concentration later on. Babies recognize their parents' voices after birth and newborns prefer their parents' voices over the voices of strangers

There are benefits for expectant moms too! Music has been seen to reduce high stress levels, anxiety, and depression that many pregnant women experience during their pregnancy. When a woman relaxes, that's good for the fetus! Singing also increases moms' lung capacity and oxygen flow, helps reduce pain, opens up sinuses and respiratory passages, decreases blood pressure, and tones facial and abdominal muscles!

Where, when, how much: Workshops will take place at our Roncesvalles location (277 Roncesvalles Ave). Begins mid-November, dates TBA. Cost is \$120 per family for 3 x 75-minute sessions.



Fall 2017 Registration Now Open

Our Fall 2017 schedule is now up and online registration is now open. With Fall being our busiest session of the year, classes fill up **very** quickly, so book early to avoid disappointment!

Current enrollment in a class does not automatically guarantee your spot in the next session, so **please ensure you register well in advance to reserve your space.**

Fall classes begin the week of September 11.



Rock'n'Rainbow Hallowe'en Concert

Tickets Now Available



On **Saturday, October 28**, Rock'n'Rainbow brings their popular annual extravaganza back to the stage!

The show takes place at our favourite venue, **Lula Lounge, 1585 Dundas St. W. Doors open at 11am** with the band taking the stage shortly thereafter. This will be a performance you won't want to miss! And nothing makes the band happier than to see everyone in their fantastic **Halloween costumes!**

Enjoy Youtube megamixes of your favourite RS songs!

Take a break, sit back and laugh your head off with our most fun YouTube kids music video megamix yet! "Sticky Bubblegum and More" is NOW LIVE!



We have new videos arriving the first Tuesday of each month!

Subscribe to our YouTube channel, Howdytoons, and never miss a new video! youtube.com/howdytoons

Rock'n'Rainbow's Halloween show is always super popular, so get your tickets as soon as possible to avoid disappointment.

\$20 for adults; \$15 for kids. Order online at: www.rainbowsongs.com/concerts

Reminder About Make-up Classes

With the summer months bringing vacations and weekends away, you may find yourself having to make-up some missed classes this session.

Make-up spots are subject to availability and spaces are limited, so we highly recommend booking your make-up class(es) as early in the session as possible. Waiting until the final few weeks will often result in few and limited options available to you.

As summer make-ups cannot be carried over to the Fall, **classes missed in the summer must be made up by the end of the Summer session (September 2).**

Make-ups can be booked at any RS location, subject to availability.

Caribana Week July 24 - 29

Caribana Week celebrates summer with songs from the tropics. We will be singing many Caribbean songs, limbo dancing, and making our own parade! Come dressed in your brightest summer clothing and make the most of the hot weather!

Hot Hot Hot

Arrow (Buster Poindexter)

Chrysalis Music Group Inc.

Ole ole - ole ole / Ole ole - ole ole
 Me mind on fire -- Me soul on fire --
 Feeling hot hot hot
 Party people -- All around me
 Feeling hot hot hot

What to do - On a night like this.
 Music sweet - I can't resist
 We need a party song
 A fundamental jam

So we go rum-bum-bum-bum
 Yeah we rum-bum-bum-bum
 Feeling hot hot hot -- Feeling hot hot hot

So we go rum-bum-bum-bum
 Yeah we rum-bum-bum-bum
 Feeling hot hot hot -- Feeling hot hot hot

How you feeling? (Hot hot hot)
 How you feeling? (Hot hot hot)



Jamaica Farewell

Lord Burgess

Cherry Lane Music Publishing Co.

Down the way where the nights are gay
 And the sun shines brightly on the
 mountaintops
 I took a trip on a sailing ship
 When I reached Jamaica I made a stop

Chorus:

But I'm sad to say I'm on my way
 I won't be back for many a day
 My heart is down, my head turning
 aroun'
 I had to leave my little girl in Kingston
 town

Sounds of laughter everywhere
 And the dancers swinging to and fro
 I must declare that my heart is there
 Though I've been from Maine to Mexico

Chorus

Down in the market you can hear
 Ladies cry out while on their heads they
 bear
 Ackee, rice, salt fish are nice
 And the rum is fine any time of year

Chorus

Rainbow Songs Foundation Celebrates a Successful Season at Toronto Shelters



The Rainbow Songs Foundation (RSF) is thrilled to report on a **hugely successful 2016/17 season**.

Thanks to the generous support of the RSF community, **we gave the gift of music to at-risk children living in 8 shelters during a joyous 133 classes**. With record attendance levels (some classes with up to 20 kids!), our talented instructors enhanced numeracy, language and music skills while leading the group in song and introducing new instruments from around the world.

We are so honoured to have had children return each week and be able to watch them flourish while gaining confidence and new skills in music. RSF continues to bestow 'graduating' students with CDs and small musical instruments so they can continue to bond with parent at home over songs learned in class.

With families continuing to be the largest growing sector of the Toronto shelter system, RSF is dedicated to **continuing work with partner shelters** as well as **identifying other housing organizations with at-risk youth** who will benefit from our programming. We are already working hard to finalize the details of our 2017/18 RSF season!

Did you know we are entirely donor-supported? Please visit <http://foundation.rainbowsongs.com/get-involved/donate/> to ensure we can continue to share the music.

Have a happy and safe summer everyone. We look forward to sharing more soon!

PS Many thanks to our dedicated instructors Linda, Jessica, Steve, Rena and Daiva!

Be sure to check out their RSF class blogs to learn more about what they do each week! <http://foundation.rainbowsongs.com/category/teacherblog/>



To learn more about RSF or to make a donation in support of providing high-quality, interactive music programs to families with young children living in shelters cross the GTA, please visit us at <http://foundation.rainbowsongs.com>