



Grade 7 Band Course Outline



2025-2026

Mr. Kensok and Mrs. Zinn

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Mission Statement

The band program at John Henderson encourages personal growth within an ensemble setting. Students will learn to play their instruments to their highest ability and make music with their peers in a safe environment that supports creativity. Every musician is valued for his or her individual and unique contribution to the group as a whole. It is my goal to provide a safe, challenging, supportive, and positive learning experience for every student.

Concert Band

The concert bands at John Henderson consist of woodwind, brass, and percussion instruments. Each grade level forms a single performing ensemble.

Jazz Band

The jazz band is an auditioned extra-curricular ensemble that is offered to students in Grades 7 and 8. All concert band instruments are welcome in the jazz band, as well as piano, guitar, bass guitar, and drum set. Students must be registered for band in order to audition for the jazz band. Rehearsals will take place on Tuesday and Thursday mornings from 8:30-9:30 AM. (Rehearsals will start at 8:30 AM and continue through Interactive Start.)

General Expectations

Band students are expected to:

- attend and participate in all band classes,
- perform at all concerts and festivals,
- practice a minimum of 100 minutes per week,
- purchase a uniform (see below),
- rent an instrument,
- bring necessary supplies as listed below, and
- be respectful to their peers, teacher, instruments, and band room.

Practicing

Regular individual practice is essential for developing proficiency and musicality on your instrument! **Students are required to practice their instruments for a minimum of 100 minutes each week.** This minimum requirement will help ensure your continued progress individually and within the ensemble. It is each student's responsibility to learn and practice their music at home, so they are prepared for rehearsals.

Practicing Tips and Guidelines

- Develop a routine of practicing at the same time and place every day.
- Practice in a quiet room where you will not be distracted.
- Sit on a chair (or stand, if you wish) and put your music on a music stand. (Collapsible stands are available at music stores and are strongly recommended.)

What to Practice

Warm up your instrument by playing long tones with strong air support and concentrate on the quality of your sound. Brass players should start by buzzing on their mouthpieces. Scales and exercises from the method book should be included in your warm-up. The remainder of your practice session should be spent learning your repertoire parts. Feel free to spend time playing other music for fun, too! You may also want to listen to recordings of your instrument and/or repertoire we're rehearsing in class.

Grade 7 Band Uniform

Uniforms will be worn at all concerts and festival performances:

- black dress shirt
- black dress pants
- black socks
- closed-toe black dress shoes (no bare feet showing)

Curriculum and Assessment

Along with other academic subjects, the band program has carefully planned curriculum goals that serve as the basis for instruction and evaluation. The band curriculum is based on making, creating, connecting, and responding to music. Areas of work will focus on instrumental technique, music literacy, musicianship, creative expression, and rehearsal skills.

Performance Review Assignment

Students will be asked to complete a Performance Review Assignment that involves attending an instrumental performance and submitting a written review. The performance should be at the high school, university, or professional level. The assignment will be due on **Friday, May 1, 2026**. Students will receive more details in class.

Concert Attendance Policy

Students are expected to participate in all concerts and festival performances as a requirement of the course. If any student is unable to attend a performance, they should notify Mr. Kensok in writing at least three weeks in advance so appropriate accommodations can be made.

Important Dates – *Required Attendance for Grade 7 Band Students*

Wednesday, January 14, 1:30PM and 7:00 PM	Winter Band Concert
Tuesday, April 21 – Friday, April 24, daytime	Level One Band Festival
Tuesday, May 19, 1:30PM and 7:00 PM	Spring Band Concert

Supply List

Students are responsible for bringing their instrument, method book, music, folder, and a pencil to every band class. **Students are asked to clearly label their instrument case with their first and last name.**

Method Book

Grade 7 Band students will continue using *Essential Elements Book 1*.

Instrument Supplies

Flute

- tuning rod
- cleaning cloth

Oboe and Bassoon

- medium soft reeds (as needed)
- cleaning swab

Clarinet and Bass Clarinet

- 2 boxes of clarinet or bass clarinet reeds: strength 2½ (*Rico Royal, Mitchell Lurie or Vandoren*)
- plastic reed guard
- cleaning swab
- cork grease

Saxophone

- 2 boxes of alto, tenor, or baritone saxophone reeds: strength 2½ (*Rico Royal, Mitchell Lurie or Vandoren*)
- plastic reed guard
- cleaning swab
- cork grease
- neck strap

Trumpet, French Horn, Euphonium, Tuba

- valve oil
- tuning slide grease

Trombone

- slide cream or oil
- small water spray bottle
- tuning slide grease

John Henderson-Owned Instruments

Students playing bass clarinet, baritone saxophone, French horn, euphonium, and tuba will rent their instruments from the school for a fee of \$180. Percussionists will pay a rental fee of \$80 and supply their own sticks/mallets. These students will receive a RETSD Rental Agreement when they are assigned their instruments. This can be paid to the office along with your student fees by **Friday, September 26, 2025**. (Cheques payable to “École John Henderson Middle School”.)

Provincial Honour Band

Each year, the Manitoba Band Association organizes three auditioned ensembles made up of the top students from across the province. The Junior Honour Band is for students in Grades 5-8, the Intermediate Honour Band is for students in Grades 9-10, and the Senior Honour Band is for students in Grades 9-12. All students are encouraged to audition! Audition material will be distributed in class and can be found at www.mbband.org.

John Henderson Band Parents Association

The John Henderson Band Parents Association supports the band program by helping at concerts and organizing fundraisers to help subsidize trips, clinicians, band equipment, and scholarships. The first meeting will be held on **Wednesday, October 1, 6:30 PM** in the John Henderson Library. All parents are welcome to attend! Please enter through the parking lot doors.

Recommended Music Stores

St. John's Music

1330 Portage Avenue
204-783-8899

Accord Music

1373 Pembina Highway
204-452-1235

Long & McQuade

1074 Henderson Highway
204-515-1116



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Detach and Return

Students, please carefully read through this Course Outline together with your parents/guardians. Make sure you understand all expectations and have transferred all dates into your personal and family calendars.

Please detach and return this page to Mr. Kensok or Mrs. Zinn by Friday, September 26, 2025.

Student Name

Student Signature

Grade/Class

Parent/Guardian Name

Parent/Guardian Signature

Parent/Guardian Email Address

Additional Email Address (optional)

