

The Columbus Symphony, with Additional Support from CAPA and Opera Columbus, Adopts MINDFUL MUSIC MOMENTS Program as it Debuts in Central Ohio

Pickerington Elementary First to Implement Program That Utilizes Daily Classical Music Exposure to Promote Student Focus

On January 16, Pickerington Elementary became the first central Ohio school to implement Mindful Music Moments, a daily mindfulness and classical music program that promotes student focus. Backed by the Columbus Symphony, with additional support from CAPA and Opera Columbus, 460 students in grades K-6 listen to four minutes of recorded classical music and relaxation prompts at the start of each school day during morning announcements. Part music appreciation and part stress-reduction techniques, the program offers insight on the composers and music history while taking a moment to calm students' minds and prepare them to learn.

"This is a daily mindfulness and classical music program that creates a more calm, focused, and balanced start to the school day," explains Stacy Sims, founder of Mindful Music Moments. "Many children never get the chance to disengage from the constant, stress-inducing stimuli surrounding them. Finding inner calmness helps students access healthy brain processes, and as a result, they are better prepared to focus on schoolwork, discipline issues are reduced, and overall health is improved."

Each week begins with a new classical music composition carefully selected by the Columbus Symphony, CAPA, or Opera Columbus. Selections may reflect upcoming performances of those organizations or works incorporated into their own youth music education programs.

"The Columbus Symphony, CAPA, and Opera Columbus are very excited to help spearhead the development and implementation of this exciting program in central Ohio," stated Jeani Stahler, director of education for the Columbus Symphony and CAPA. "We believe that enabling students and their teachers to begin the school day with focused music-listening and a quiet look inward will set the stage for success – and we are proud to be a part of it." Already in place in nearly 60 schools in Cincinnati and Cleveland, Pickerington Elementary is the first central Ohio school to implement Mindful Music Moments. The program was recommended by a school counselor after attending a recent conference at which Sims was a speaker.

"We feel this is going to be a great way to get these kids started on the right foot each and every school day so they can relax, be calm, and take stress off their minds," said Pickerington Elementary Principal Melissa Moriarty. "Teaching students and staff members how to slow down and clear stress from their minds will promote mental tranquility and focus."

For more information on Mindful Music Moments, visit www.CitySilence.org.

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About the Columbus Symphony Orchestra

Founded in 1951, the Columbus Symphony is the only full-time, professional symphony in central Ohio. Through an array of innovative artistic, educational, and community outreach programming, the Columbus Symphony is reaching an expanding, more diverse audience each year. This season, the Columbus Symphony will share classical music with more than 200,000 people in central Ohio through concerts, radio broadcasts, and special programming. For more information, visit www.columbussymphony.com.

About CAPA

Owner/operator of downtown Columbus' magnificent historic theatres (Ohio Theatre, Palace Theatre, Southern Theatre) and manager of the Riffe Center Theatre Complex, Lincoln Theatre, Drexel Theatre (Bexley, OH), Jeanne B. McCoy Community Center for the Arts (New Albany, OH), and the Shubert Theater (New Haven, CT), CAPA is a non-profit, award-winning presenter of national and international performing arts and entertainment. For more information, visit www.capa.com.

About Opera Columbus

Under the vision of General and Artistic Director Peggy Kriha Dye, Opera Columbus is redefining the concept of regional opera with world-class, original productions that celebrate extraordinary young talent and artistic collaboration, engaging a new, diverse audience for this most magnificent of art forms. Opera Columbus is currently engaged in a collaboration with the Artist Diploma for Opera Studies (ADOS) program at The Juilliard School which brings exceptional Juilliard ADOS artists to perform in Opera Columbus' mainstage productions. For more information, visit www.OperaColumbus.org.

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