

ABSOLUTE FLUTE

VICTORIA HEATH

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02/01/2025



2025, Time to Thrive!

Welcome back, I hope you had a wonderful festive season and are looking forward to the year ahead!

Looking forwards is a great practice in music (and general life), as this can be a great source of motivation and drive. That being said, past performances, exams and learning can still be useful to reflect on to grow from your experiences and to see just how far you've come. Think back the last year - what can you do now that you couldn't do a year ago? I'm sure there are many small and larger achievements you can name!

So many times last year, when students have felt down about their progress, I have listed things they can now do or have improved upon without even realising. Quite often, they have been surprised by how much I have noticed (that they didn't)! Sometimes we can get so caught up in playing we do not realise just how much we have learnt, which is a massive shame!

Be kind to yourself as you get back into playing this year and try to approach music with positivity and curiosity and you will be surprised how much you pick up along the way.

Now is also a good time to think about what motivates you to do music. Is it your desire to learn? To have a social hobby to make new friends? Are you looking to be the next James Galway? Perhaps you just find music soothing to take part in.

Whatever your motivation, goal setting can be important to get the best out of your playing. Think about those areas you still want to improve upon and how to get there this year. Then, next January, you can look back again on how much you achieved!

Victoria Heath

In this newsletter you can expect:

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Setting Goals

Research suggests that people who set goals are more likely to succeed than those who don't. Goal setting can help you improve your concentration and confidence, and it can be beneficial in many areas of your life. Not to mention, reaching these goals feels good!

When setting musical goals, make goals **SMART**: Set goals that are specific, measurable, achievable, relevant, and time-bound.

Specific - What do you want to achieve?

Measurable - How do you know when you have achieved the goal?

Achievable - It is best to break a goal into smaller, more achievable steps rather than something really big and tricky. This will prevent feelings of frustration.

Relevant - Why do you want to achieve this goal?

Time bound - When do you want to achieve it by?

Some examples of good goals:

To play a grade 3 piece to a member of family by the end of term.

To be able to increase double tonguing from quavers at 60bpm to 120bpm within 6 weeks.

To achieve a distinction in grade 5 by the summer.

Remember to always think of how you are going to reach your goal - is there an exercise that will help? A certain amount of practice? Asking a teacher for guidance can be a helpful way of making sure you are on the right track.

Remember, teachers are there to help you achieve your goals so please share these with them and discuss practice technique, technical exercises and theory needed to be able to reach them!

SHOUT OUT SPOT!

Well done to those that took their recorded exams over the holidays!

Bonus Tips

Want to get your tone, tuning, breathing and high notes improving this term?

Try adding some harmonics into your warm up routine. Use a low fingering on your flute and practice overblowing this by gradually speeding up the air and directing the air upwards.

You can improve tuning by comparing the harmonic (truer) sound to your regular notes. You can also strengthen your top register by becoming more accurate with your air.



Exam Details

- ABRSM In Person Exam booking open 21 Jan 2025 - 04 Feb 2025. The exams will take place 03 Mar - 05 Apr 2025.
- ABRSM Performance (Online) exams can be booked any time and videos submitted within a month.
- Trinity In Person Exam booking closes on 23rd Jan. The Exams will take place 17 Mar - 17 Apr 2025
- Trinity Digital can be booked any time and videos submitted within a month.



Tips, Tricks and Information Continued...

flutetunes.com

The Ruins of Killmallock

Traditional Irish



Over the last year, I have been collecting funny lesson quotes to share! Have a read of my favourites below!

Student 1: *plays deck the halls in Jan 2024

Student 2: Stooooop it's mid January! *Takes away music

Student 1: Hahaha I have learnt it by heart! *continues to play with everyone disparing

Student: I always know which is my left hand because I broke it.

Later in the lesson

Me: Oops, I forgot which hand was which for a second!

Student: Don't worry, you'll remember when you break it!

Student: I haven't got my flute today.

Me: Don't worry, I have a spare here for you to use!

Student: *stares at flute

Me: Aren't you going to play it?

Student: I can't be trusted to play another flute.

Me: I trust you!

Student: You shouldn't!

Me: remember to curve your fingers.

Student: So... not like pegs. Like... blueberries?

Me: Remember to put 3 on the G in this piece.

Student: The master is concentrating! ohhhhhhh ... this may need more practice!

Student: I want to play
Oompa Loompa

Me: Sure, shall I find the music
for you?

Student: Why is it called
Oompa Loompa? I like just
Loompa better.

Me: I'm not sure, you'll have to
ask Mr Wonka.

Student: I can't ask him, he's
American!

Student: How I feel about low
C now - arrrgggggghhhh!





Events

The Conservatoire

Free on Fridays will be returning this term at 1:00pm.

Keep an eye out for the February Half Term programme to be released soon!

Just Flutes Festival 2025

Three days filled with flute at the Royal Birmingham Conservatoire from 15-17 August 2025, celebrating 40 years of Just Flutes!

Just Flutes

Janna's monthly Saturday flute class

Saturday, 11 January 2025, 17:00
<https://www.justflutes.com/events/jannas-monthly-saturday-flute-class-3>

Flute Day on Solo Baroque pieces

Sunday, 19 January 2025, 11:00
<https://www.justflutes.com/events/flute-day-baroque-solo-pieces>

Lessons with Joshua Batty

Thursday, 23 January 2025, 10:00
<https://www.justflutes.com/events/lessons-joshua-batty>

Monthly Music



See below for a few music listening recommendations:

Something classic:

Handel -

<https://www.youtube.com/watch?v=u9RH92umoMM>

Something unknown:

Eve Beglarian - I Will Not Be Sad In This World

<https://www.youtube.com/watch?v=M6NVzhFKUVk>

Something a bit different:

Dmitry Soul - Duduk Solo

<https://www.youtube.com/watch?v=7H5xc8H6dNM>

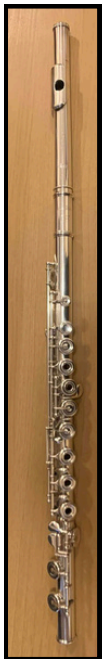
For Sale:

1607 Altus brought in 2016 being rehomed due to an upgrade.

It's in lovely condition and available to trial in London.

Being sold for £2,500

If you are interested, please let me know and I can pass along the seller's details.



Thank you for reading!

VICTORIA HEATH

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