



# SingingWell

AUTUMN 2023

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*Resources to support  
mental health and wellbeing  
in our school  
and wider communities*

## Introduction

Enfield Music Service has developed our SingingWell project to create flexible resources for schools that can be used across EYFS, KS1, KS2 and KS3 to promote singing in school and to support wellbeing and mental health for both pupils and staff.

So why are we asking you to sing? Because the power of music is strong!

*Taking part in regular musical activity, particularly singing, brings positive impacts for individuals, school communities, and for our community as a whole.*

*Singing relieves stress and tension through the release of endorphins, which lowers anxiety and boosts confidence and self-esteem.*

*Singing improves social inclusion and sense of community, helping combat feelings of loneliness and isolation.*

*Singing offers a way to express feelings and develop mindfulness.*

*Singing has physiological benefits including increased lung capacity, overall cardiac health and can also reduce pain symptoms* [\[source\]](#).

The latest song in our SingingWell series is ***We're all in this together*** from High School Musical and is published in conjunction with **World Mental Health day on 10<sup>th</sup> October 2023**. The theme for 2023 is '*Mental health is a universal right*'.

In the following pages you can find the lyrics and teaching guidance notes & suggestions from our Head of Singing, Elena Browne. There are also links to download the performance track and backing track from London Grid for Learning (LGfL).

The resources are chosen carefully each time to explore different themes around this topic, as well as to promote the general benefits of good quality singing and regular participation in musical activities.

You can download all 8 of the previous song packs in the series from our singing pages on The Hub [here](#).

We hope that you'll find these resources useful, that you and your pupils will have fun with them, and that across Enfield we'll hear schools and their communities singing up and SingingWell!

Wendy Kemp  
Head of Enfield Music Service

## We're all in this Together from High School Musical

Together, together, together everyone  
Together, together, come on let's have some fun  
Together, we're there for each other ev'ry time  
Together, together, come on let's do this right

Here and now it's time for celebration  
I finally figured it out (yeah yeah)  
That all our dreams have no limitations  
That's what it's all about (yeah yeah)  
Everyone is special in their own way; we make each other strong  
We're not the same, we're different in a good way, together's where we belong

*We're all in this together,  
once we know, that we are, we're all stars, and we see that  
We're all in this together,  
and it shows, when we stand, hand in hand, make our dreams come true, ev'rybody now:*

Together, together, together everyone  
Together, together, come on let's have some fun  
Together, we're there for each other ev'ry time  
Together, together, come on let's do this right

We're all here and speaking out with one voice.  
We're gonna rock the house, yeah yeah.  
The party's on; now ev'rybody make some noise.  
C'mon and scream and shout. (C'mon now.)  
We've arrived because we're stuck together; Champions one and all.

*We're all in this together;  
Once we know that we are, we're all stars and we see that.  
We're all in this together;  
And it shows when we stand hand in hand, make our dreams come  
We're all in this together;  
When we reach, we can fly, know inside we can make it.  
We're all in this together;  
Once we see there's a chance that we have, and we take it.*

Wild cats sing along: Yeah you really got it goin' on.  
Wild cats in the house, ev'rybody say it now.

Wild cats ev'rywhere wave your hands up in the air.  
That's the way we do it; Let's get to it, Time to show the world.

Enfield schools sing along: Yeah you really got it goin' on.  
Enfield schools in the house, ev'rybody say it now

Hey. Oh. Hey. Oh, alright, here we go.

*We're all in this together;  
Once we know that we are, we're all stars and we see that.  
We're all in this together;  
And it shows when we stand hand in hand, make our dreams come true.  
We're all in this together;  
When we reach, we can fly, know inside we can make it.  
We're all in this together;  
Once we see there's a chance that we have, and we take it.*

Enfield schools ev'rywhere, wave your hands up in air.  
That's the way we do it, let's get to it, c'mon ev'ryone!

## Download links

[Performance track](#)

[Backing track](#)

[Main voice only](#)

[Vocal score](#)

## Guidance Notes

### Who is going to be singing?

Our *Singingwell* songs are designed to be accessible for all our young singers. Perfect for whole school singing assemblies, class singing, choirs and performances, everyone can be included. You may choose that your younger singers join in with just the chorus and repeated refrains and of course the actions! More experienced singers will be able to add the harmony in the chorus, even make up your own, or add some backing vocals. Get the school band to join you!

### Before you begin

Familiarize yourself with the song and decide how you will personalize to your singers and your school community. Consider what the most appropriate approach is for the age and experience of your singers and the context/environment in which you are singing.

I particularly like the lyrics in this song which highlight the joy and power of working together at the same time as respecting and celebrating our individuality and differences.

Although quite a few words to navigate, there is repetition of sections and words and the song flows along! Younger singers can sing the chorus and refrains and dance in the verses!

Note there is a small addition to the original – after the *Wild cats sing along* section – I have managed to pop in an '*Enfield school sing along*' phrase so listen out for this and sing it loud!

### Warm up

Wake up faces, bodies and voices and get moving in preparation for this high energy song.

Togetherness is key so focus on joining in with your actions and freeze in a statue making sure everyone starts and stops at the same time! Stand up and include running on the spot and dance moves.

Alternate smiles and cross faces. Alternate big and small faces – blow up like a balloon and scrunch up like a paper bag!

Use a favourite track or song with a funky beat to keep the rhythm to. *Pharrell Williams Happy* has a good beat and tempo to use to keep in time with. Use different actions and moves to join in with - clapping, tapping knees, try the mash potato, the swim and the twist.

Good tall posture is important to communicate the positive message in the song. Stretch out to the ceiling and flop down to the floor. Find your imaginary strings and gently raise up your head and shoulders.



## Teaching and rehearsing

Listen to the performance track.

Even though the children may be familiar with the song, it is still useful to listen carefully and there are some tricky corners and off beat rhythms.

Focused listening allows you to know your way around the ‘journey’ of the song, creating a ‘map’ of the different sections. Play with this idea later as well, as a way of learning and memorising - turn the music off and sing what comes next!

Don’t feel you need to learn the whole song in one go – take it slowly, a bit at a time and gradually build up, joining in each week with a new part.

Despite being quite wordy, the song has an accessible lilt and flow to it. The rhymes also help to remember the words. Take sections slowly learning the words as a call and response. Focus on the chorus and ‘together’ refrain with younger singers.

The song starts with the section ‘*together, together, together everyone*’ which is a good place to start! – Note the phrases start off the beat, really listen to each other to start and finish phrases.

Learn the chorus next. Play the track and join in each time with the chorus. When you are ready and if appropriate, tackle the wordier verses. Learn by rote call and response and speak through rhythmically. Repeat lines to feel the flow and shape of the phrases.

After the *Wild cats/Enfield schools* section there are some ‘*Heys*’! – take care to pop these in the correct place!

## Extra tips

The song is uplifting with everyone singing. However, if you do want to add variety or there are too many words, then divide up the lyrics between classes and groups or even soloists, with everyone joining in the choruses and refrains.

It’s always great to add your own actions to songs. Take care if you add actions to the verses particularly that the words are not lost and can be heard distinctly. Actions should enhance the song, not take away from the meaning.

Remind the children it is not about volume it is about clarity. Joyful and spirited does not need to be shouty!

Some simple choreography will certainly add energy and sparkle to your performance but do not overdo it – make sure moves enhance the song and don't detract! – we are not actually the Wild Cats at East High school though I'm sure some of your young singers will give it a good go! By all means, if you want to check out the original and try those moves that would be great!

Remind the children it is not about volume it is about clarity. Joyful and spirited does not need to be shouty!

### **Cross curricular development ideas**

Perfect for PHSE work on school values, such as positivity, healthy and caring friendship, collaboration and working together.

Take time to look at and discuss the lyrics and specific lines and words and think about how we can apply them in our own lives and relationships.

Some of your class reading books may have similar themes at their heart:

- Ella on the Outside
- The boy at the back of the class
- The Girl of Ink and Stars
- The Goldfish Boy
- The invisible boy
- Wonder

There are of course lots of songs to listen to or learn on this theme – a few examples:

- Ain't no mountain high enough – Marvin Gaye
- Count on Me by Bruno Mars
- I'll be there for you by The Rembrandts
- Rainbow by Kacey Musgrove
- Team by Lorde
- We are the Champions by Queen
- With a little help from my friends by The Beatles
- You've got a friend in me by Randy Newman