BEGINNING BAND
PARENT NIGHT

THE FLUTE / PRESENTED BY MR. FORLENZA / NOVEMBER 4, 2026

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I INSTRUMENT CARE AND MAINTENANCE

A Daily Maintenance

1. Swab out the instrument after every time you play. This removes the moisture that builds up in the instrument while you play and prevents the pads on the keys from getting damp and moldy.
    a. Use a thin cotton cloth (cut from an old t-shirt or some other similar material) to thread through the cleaning rod that came with your flute. (Like threading a giant needle.)
    b. Swab out each piece of the flute (Head, Body, and Foot) separately as you disassemble the instrument.
2. Keep a polishing cloth in your case to wipe down the outside of the flute after you are done playing. This will help prevent damage to the finish.
    a. A polishing cloth can be purchased at reputable music stores where instruments are sold. Ex) Quinlan and Fabish
3. If you rented a flute from Quinlan and Fabish, you may have two strips of paper called 'Silver Savers'. It is good to keep those on top of your flute in its case, as these strips work to prevent tarnishing.

B Regular Maintenance

1. It is a good idea to have your flute cleaned, oiled, and adjusted annually. If you are renting your flute from Quinlan and Fabish, the cost for this is covered for the entire rental period.
2. If you notice your flute is not working properly, tell your band director. The flute has a complicated mechanism, but most of the time, your band director will be able to figure out the problem.
    a. Some common mechanical problems include:
        i. Springs popping out. If this happens, it is an easy fix that your band director can do.
        ii. A key is leaking (not sealing all the way). Sometimes, your band director can fix this by adjusting various screws on the flute, but other times this problem requires a professional.
        iii. A bent rod or key. Parts of the flute mechanism may bend or dent if your child drops the instrument. Depending on the severity of the damage, this usually requires a trip to the repair shop.

II PRODUCING A QUALITY SOUND

A Posture

1. Sit on front half of the chair (back does not touch back of chair); feet flat on the floor in front of you; sit up tall
2. Deep breath, filling up your lungs from the bottom to the top

B Embouchure (the facial muscles used to produce sound)

1. Use a mirror to check that you are doing all of this with your embouchure.
    a. Say "Pooh"
    b. Bottom lip is relaxed
    c. Corners of lip firm and slightly pointed down (Not smiling)
    d. Small Aperture (Opening between top and bottom lips)
        i. Students should use laser beam air (thin and fast)

C Articulation (Tonguing)

1. Used to separate notes while still maintaining continuous air.
2. Think "Too"

D Air

1. Sustain your air for as long as you can while maintaining a steady, clear sound on the flute.
2. Activate abdominal muscles to provide air support.

III PRACTICE PROCEDURES

A Breathing Exercises

1. Breathing exercises help students learn to control how much air they are expelling when playing an instrument. This skill is essential in producing a steady and sustained sound on the instrument.

B Fingering Exercises

1. Fingering exercises will help students develop the necessary coordination skills and dexterity to play a melody (having to switch quickly between different notes).

C Long Tones

1. Holding notes out for extended periods of time.
    a. This will help develop students' tone quality and control.

D Book Assignments

1. Follow these steps for each exercise in the book.
    a. Count and Clap
    b. Sing the note names and finger along on the instrument (we call this 'Chin Singing' in class)
    c. Play!

Students should now aim for 20-30 minutes of daily practice. We realize that on some days this will not be possible. However, the only way to strengthen the muscles of the embouchure is by playing the instrument. Remember that some practice is always better than no practice.

** Students should also practice with recordings at www.myeelibrary.com. Your activation code is located in front of your book. **

IV PRIVATE INSTRUCTION

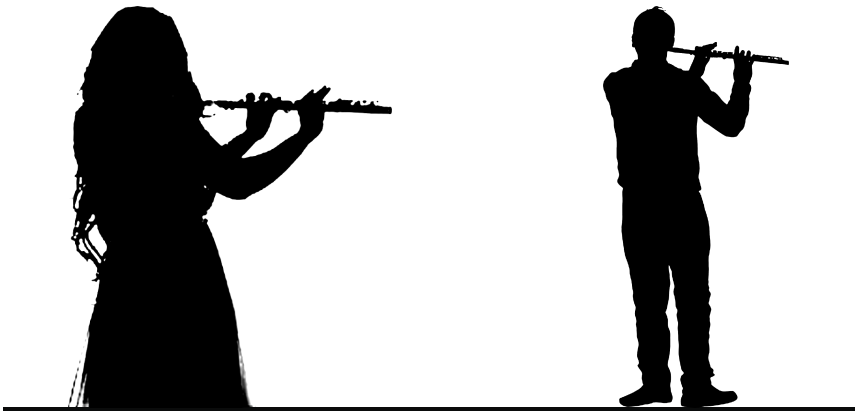
Private instruction is also an ideal way to maximize your child's musical development. If you are looking into private lessons, you should consult your band director before choosing a private instructor.

V LISTENING

It is beneficial for students to listen to professional musicians. By listening to great players, young musicians will develop an understanding of what their instrument should sound like when they play. YouTube is a great resource to use. Listen to flute players like Emmanuel Pahud, James Galway, Amy Porter, Jasmine Choi, Trevor Wye, Paul Taffanel, Jean-Pierre Rampal, and many, many more! Find what you like to listen to and listen often!

We hope to have shed some light on the process of your students' first steps in their musical journey. Remember that learning to play a musical instrument is a lifelong endeavor that will provide your student with many incredible opportunities down the road. We never stop growing as musicians! Thank you for supporting your child's music education and we look forward to your continued participation in the Kirby 140 Band Program!

-Mr. Forlenza



EXTRA NOTES

A All updates and important information can always be found on our website, www.ksd140.org/band.

1. We also have practice tools and music games linked on our website to help students along the way. https://www.ksd140.org/band/music-resources

B Background music for all of the exercises in the Essential Elements book is available at www.myeelibrary.com

There is also an app for the book.

1. **Essential Elements Interactive (EEi) app for iOS or Android devices:**

> 1) https://www.essentialelementsinteractive.com
> 2) Click on “Don’t have an account yet? Sign Up”
> 3) Select Account Type → Click on "Student”
> 4) Your EEi School Code is: District140Band
> 5) Select “I do not have a student ID. Click on "I don't have an ID"
>   Fill out the information
> 6) Enter your Activation Code from the front of your band book.