

Exciting resources from Fischy Music



Build Up

- ◆ *Ten original songs on bullying and self-esteem*
- ◆ *Fischy Music's best seller in the UK and Europe*
- ◆ *Available as a CD or a songbook pack*

◆ The background

Asked to identify **the biggest issues** faced by primary-age children in their schools, teachers placed **low self-esteem** and **bullying** towards the top of their list. *Build Up* was produced specifically to support work in these key areas.

◆ The songs

Ten original songs address **the impact of our behaviour** on those around us, for better or worse. Tracks like 'You Are A Star' and 'I'm the Only I' **affirm the individual** and celebrate the fact that we all have **a unique contribution** to make, in our families, schools and the wider world. 'Sticks and Stones' looks at the impact of negative words and behaviour, while 'You, Me, Just the Same' considers **racism** with lyrics written by a primary school pupil. 'Build Up' highlights **our capacity to choose** whether we build each other up or tear each other down, and 'Bag of Worries' looks at **coping strategies** for anxiety or depression.

Although they tackle serious issues the songs have **a light touch** which makes them **catchy and 'feel-good'**, and the overall context affirms the individual's value in a diverse community.

◆ The resource

Build Up is available as a CD: or as a songbook pack, prepared primarily with group use in mind.

The songbook pack features scored music for all the songs, plus ideas for group use and extension work. It also includes a CD featuring both vocal and 'karaoke-style' backing track versions of all the songs, to assist where groups have little in the way of musical support.

◆ Sales history

Build Up was launched in the UK in 2002 and has become **Fischy Music's most sought-after resource**. Sales have increased year on year and songs from the album continue to be the most **requested by teachers and children** alike—read their reactions over the page!

Nearly 1600 music packs and 3000 CDs have been sold in the UK and Europe over the past four years.

What they said about Build Up...

'We loved the CD. It is super material to which the children immediately relate. I have used it every day since you sent it and in every class.'

Head Teacher, Edinburgh

'Bullying can cause pain beyond description but Stephen's music will help children feel the warmth, empathy and sense of togetherness which characterise a school which is tackling bullying effectively.'

Andrew Mellor, Anti-Bullying Network

'Fischy songs really stick in your heads and even our parents catch on.'

Angie, aged 11

'I have no hesitation in recommending Build Up to schools as an effective way to explore the issues of self esteem, bullying and friendship.'

Ewan Aitken, COSLA spokesperson on education

... and about Fischy Music

'So many Fischy songs are aimed at affirming the child as unique and special. Music really does stick in your brain and in your soul – the words kind of piggy back onto that and so the positive messages are stuck in there as well.'

Sheila Laing, Head Teacher, Forthview Primary School

'These are the sort of songs children don't sing often enough. Stephen Fischbacher writes absolutely wonderful songs for children about difficult things. It's tough stuff, but it gives kids a chance to address things that otherwise might not get talked about. What a song can do is sing things you can't say.'

Songwriter and broadcaster Richard Stilgoe

'The material that Fischy Music produces ... has all the right elements: catchy tunes, easy lyrics, storylines that reflect everyday situations and feelings. These are excellent resources where the self-esteem and emotional well-being of children is a high priority.'

Elizabeth Morris, Principal, School of Emotional Literacy

Fischy Music exists to promote the spiritual and emotional development of children