



LADYBUZZ

Ladybird International Arts Academy Newsletter

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Ronél Henning

Mid-year flow

Another creative term of arts joy

Arts learning is vital despite the packed schedules of our times because it fosters holistic development, enhancing critical thinking, creativity, and emotional well-being. It boosts academic performance across other subjects by building confidence, resilience, and improving communication skills. Furthermore, it cultivates essential 21st-century skills like collaboration and innovation, preparing students for future career success.

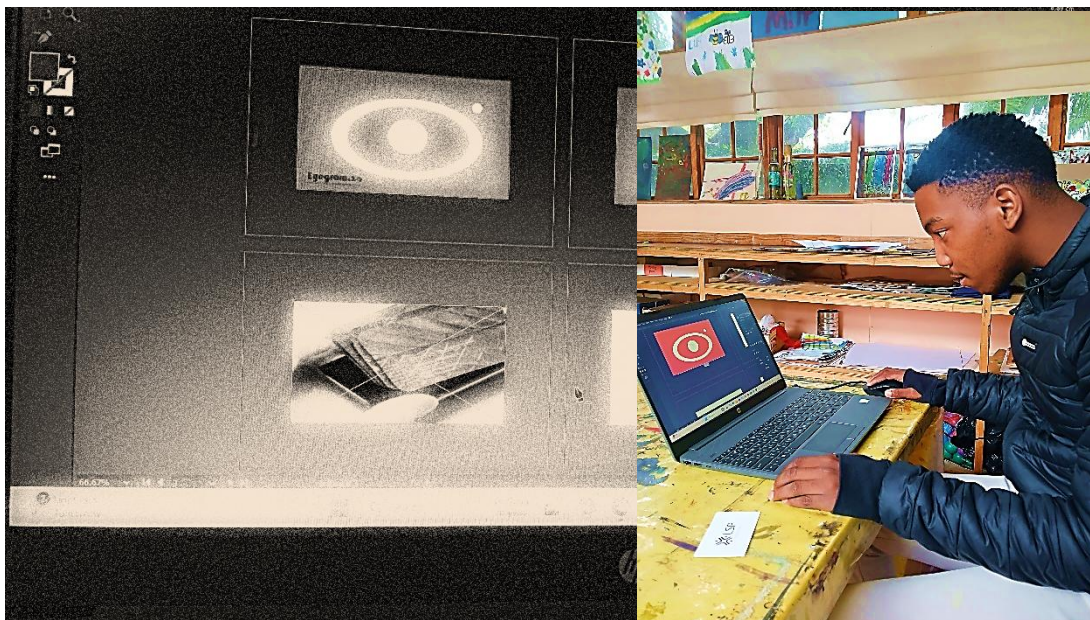
Even with busy programmes, prioritising arts education creates well-rounded individuals who are more engaged, creative, and better equipped to handle the complexities of the modern world.

The Ladybird International Arts Academy is dedicated to promoting arts learning and providing quality arts education to our community. Our aim for the past term was to foster a vibrant cultural environment, encouraging creativity and creative expression for our students.

Congratulations to the following candidates who passed their ABRSM internal exams performed in May.

Xinghan Huang: Piano Grade 6, Distinction 95%; Gideon Knot: Saxophone Grade 3, Distinction 95%; Hannah Hamilton: Piano Grade 4, Distinction 89%; Shalomé van der Merwe, Violin Grade 1, Distinction 88%; Tim Adams: Piano Grade 2, Distinction 87%; Mireille Fraser: Violin Pre-Grade 1, Merit 86%; Monono Rampeta: Violin Grade 1, Merit 84%.

Enjoy the upcoming holiday. We hope to see you all back on Monday, 20 July.



Amohelang Matsoso, a Graphic Design Certificate young adult student, focusing on his digital design.

Pinkie Thulo

Graphic Design

Teaching young people to create, not just consume



Young people today are surrounded by technology. They watch videos, scroll through content, and absorb information constantly. While technology can be educational and entertaining, it is also important that students learn that they can do more than simply consume content. They can create it too. This is one of the most exciting aspects of graphic design education.

In graphic design lessons, students learn how to turn ideas into something visual and meaningful. Whether they are creating posters, digital artwork, branding concepts, or experimenting with layout and colour, they are developing creative thinking and communication skills in a modern, relevant way

More importantly, they begin to see technology differently. Instead of only using devices for entertainment, they learn that technology can also be a tool for creativity, problem-solving and self-expression.

Graphic design encourages patience, confidence, and resilience. Students quickly learn that creativity is a process; ideas evolve, mistakes happen, and strong design often comes through experimentation and refinement.

In a world filled with digital content, teaching young people how to create, rather than consume, gives them confidence and a stronger sense of ownership over the digital spaces they engage with, every day. It reminds them that they are not just observers of the digital world, they can shape it too!



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Ilona Knot

Feeling the music vibes

Music is not just music

Ladybird is an ideal creative hub in Ladybrand where you can embrace music and feel the vibes. Music is not just music. Music is an important part of life. Whether you play an instrument or listen to music, it has a direct impact on our mood and emotions.

It has long been scientifically proven that listening to music can reduce anxiety and pain and even lower your blood pressure. It can also improve sleep quality, mood, mental and rational performance, and even memory. Here are some examples of the power of music.

Music makes memories tangible

Music has the very special power to bring blocked or deeply buried memories to the surface. For example, a particular song can remind you of a wonderful experience you may have had decades ago. On the other hand, it can also bring back pain that you once felt and flush your brain with grief from the past.

Distraction as a painkiller

Of course, music isn’t something that we ingest physically, so it isn’t the same as an anti-pain medication we would swallow. And yet it is one of the most efficient ways to alleviate pain.

The phenomenon of musical goosebumps

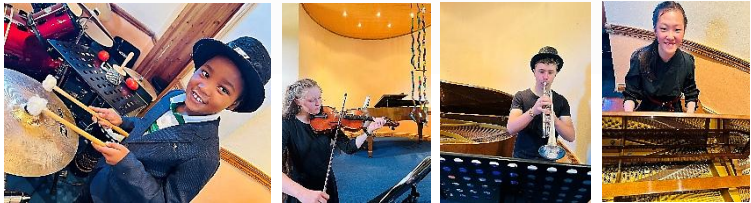
Goosebumps are a physical reaction that we develop when we are afraid, cold, or emotionally moved. Some people also get goosebumps when they hear certain high frequencies or enchanting classical music.

Music can train auditory memory

As if we knew it: we like things that feel familiar, whether it’s a taste, image, or piece of music. Throughout our lives, we develop a preference for certain sensory stimuli. Initially, these are mainly harmonious sounds, such as a mother’s voice or simple nursery rhymes.

Music as an emotional reward

Nowadays, there is an abundance of research on topics that seem difficult to explain at first glance. One of the questions examined is whether music is capable of making us addicted. Who hasn’t experienced this? There are certain songs that we fall in love with and want to listen to over and over again in a continuous loop. Studies have shown that emotionally charged music can activate our reward system in the same way as drugs. (Please don’t!) reward system in the same way as drugs. (Please don’t!) Once hooked, we can’t live without this energy, power, and joy. Give me more! And yes, in this sense music can also become an addiction – probably the healthiest one there is.



Music improves our reaction time

Years ago, a study by the University of Montreal examined the sensory abilities of musicians. Among the test subjects, musicians were found to have demonstrably shorter reaction times compared to non-musicians, no matter which instrument they played. It was concluded that learning to play a musical instrument can have a positive effect on particularly older people. The idea is that making music could improve their ability to react quickly and remain more attentive in everyday situations.

The musical high

Making music and listening to music can both trigger the same effects in the brain as food, sports, sex, or intoxicating substances. This is by no means an unfounded theory, but a scientifically proven fact. The brain releases more of the body’s own happiness hormones and the neurotransmitter dopamine. At the same time, the production of the stress hormone cortisol is reduced. A marvellous combination.

Music unites and promotes trust

When we make music together with others or experience a concert in a group, for example, another wondrous bodily substance comes into play. Oxytocin – the so-called bonding hormone – is said to promote trust and affection between people. As a result, you automatically feel comfortable and secure in a community

Amazing connection between the brain hemispheres

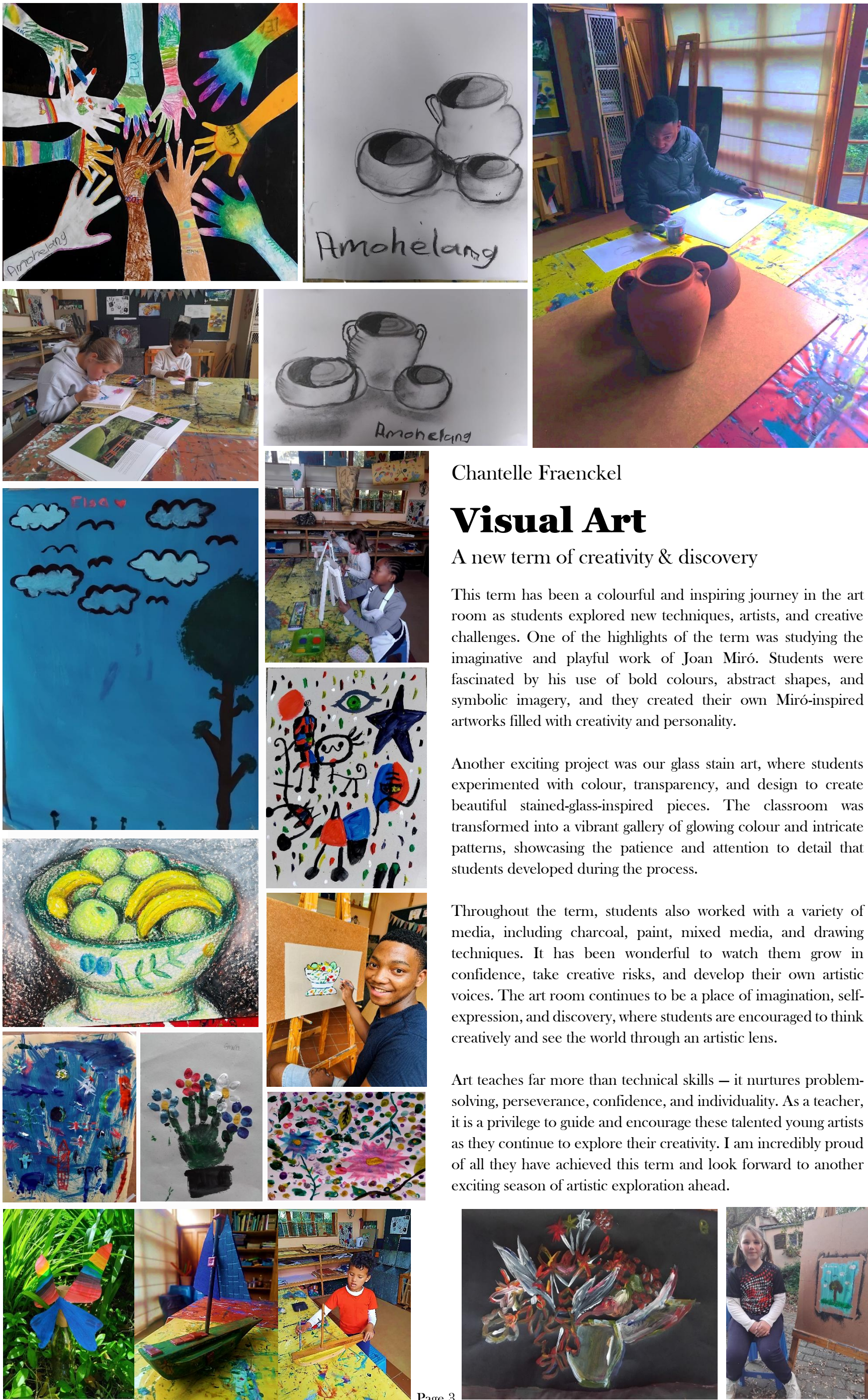
It’s no secret that musicians are somehow different –scientific studies have proven exactly that. For example, the brains of professional musicians differ from those of non-musicians. The link between the two hemispheres of the brain, which bears the amusing medical name corpus callosum, is significantly more developed. Thus, the two halves of the brain can communicate better with each other

Music activates the brain in many ways

The so-called Mozart effect was discovered more than 40 years ago. At that time, it was found that listening to music – in this case Mozart’s music – leads to better results in intelligence tests. Although the results of that study are now outdated, it is still assumed that the presence of music not only improves well-being, but also concentration. No, this doesn’t mean that music makes you smart. But it is now an indisputable fact that it activates the brain.

Visit <https://www.thomann.de/blog/en/learn> if you want to learn more about music and your brain.





Chantelle Fraenckel

Visual Art

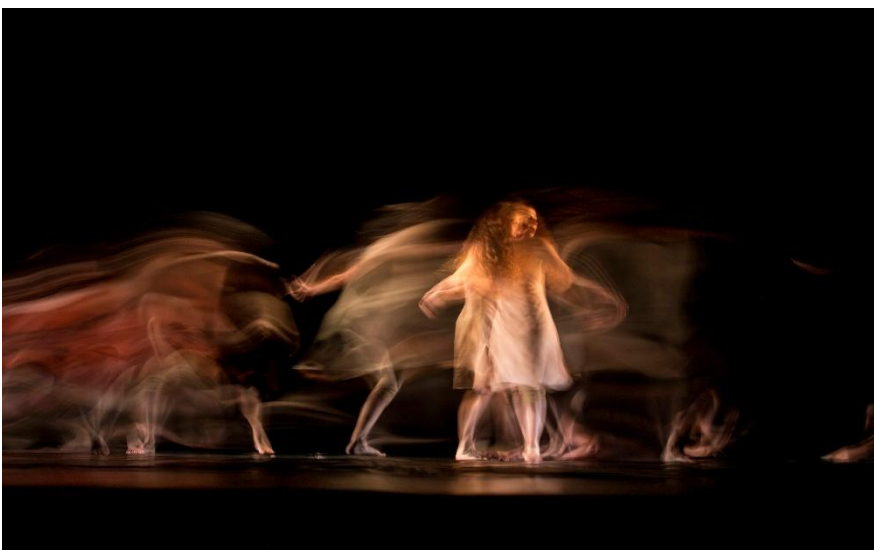
A new term of creativity & discovery

This term has been a colourful and inspiring journey in the art room as students explored new techniques, artists, and creative challenges. One of the highlights of the term was studying the imaginative and playful work of Joan Miró. Students were fascinated by his use of bold colours, abstract shapes, and symbolic imagery, and they created their own Miró-inspired artworks filled with creativity and personality.

Another exciting project was our glass stain art, where students experimented with colour, transparency, and design to create beautiful stained-glass-inspired pieces. The classroom was transformed into a vibrant gallery of glowing colour and intricate patterns, showcasing the patience and attention to detail that students developed during the process.

Throughout the term, students also worked with a variety of media, including charcoal, paint, mixed media, and drawing techniques. It has been wonderful to watch them grow in confidence, take creative risks, and develop their own artistic voices. The art room continues to be a place of imagination, self-expression, and discovery, where students are encouraged to think creatively and see the world through an artistic lens.

Art teaches far more than technical skills — it nurtures problem-solving, perseverance, confidence, and individuality. As a teacher, it is a privilege to guide and encourage these talented young artists as they continue to explore their creativity. I am incredibly proud of all they have achieved this term and look forward to another exciting season of artistic exploration ahead.



Katleho Mothae

Power of movement in Performance Arts

In Theatre Arts, movement is the physical expression of emotion, character and story. It encompasses everything from precise, everyday blocking guided by a director to full-body, dialogue-free physical theatre. It bridges the gap between inner emotion and visible action.

Physical movement is important because it generates corporeal memory, allowing the actor to access and portray genuine emotion by living the action rather than just reciting lines. This is emotional truth.

Movement is important for characterisation. The way a character sits, walks, or shifts their weight instantly communicates their age, status, and personality long before they speak. Movement furthermore matters because it reveals power dynamics. Movement toward or away from other characters can instantly shift the balance of power on stage.

Katleho Mothae

Inner metronome

Challenges & triumphs for the brave

Students learning an instrument for the first time learn about a timing device called a metronome. It is a device that makes a regular clicking or ticking sound to help students and musicians play music at a steady tempo. Kind of like a steady heartbeat for a song. If we have this device, why in the world do we need to develop an inner metronome, and how can we achieve it?

Playing and counting out loud simultaneously is an extremely effective way to build a strong inner metronome, coordinate and negotiate complex rhythms, and prevent mistakes from locking into muscle memory. One anchors the music to a steady pulse and develops a much deeper understanding of rhythm and meter by vocalising beats.

Counting the beats out loud ensures that tricky rhythms, dotted notes, and rests get the right amount of time rather than a rushed estimate: Accuracy over guesswork. Learning notes incorrectly first and trying to fix the timing later is difficult. Counting out loud from day one ensures the rhythm is correct from the very beginning: Building a reliable foundation.

If one can't tap or say the rhythm out loud away from the instrument, they don't fully control the timing. Vocalising forces the brain to internalise the pulse: The ultimate test of control.

