

**Alan Helsdon**  
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**38 Park Lane, NORWICH NR2 3EF**

**For the price of one day's Supply Teaching you could have:**

- λ **Any number of lessons in a day on Sea Shanties**  
including examples from Norfolk and elsewhere, background information, how to sing them, examples of real shantymen.  
**You get to keep - Printed words, OHT's, CD**
- λ **Two new, unique songs for your Assemblies**  
send me the ideas from a class or whole-school brain-storming session on a topic, a question, a reading book etc and I'll spend as much time as is needed writing the songs and come and do half a day teaching them.  
**You get to keep - Printed words, OHT's, Lead sheet (melody and chords), CD**
- λ **Old Norfolk Dances - *Buxton 7, Long Dance, Galopede, Heel & Toe Polka* etc**  
taught on the spot with live accordion accompaniment of local tunes.  
**You get to keep - Dance sheet, CD**
- λ **Songs to recall your Visit**  
Let me accompany your class on a day trip and I'll write songs to remember it by and come in for half a day to teach them.  
**You get to keep - Printed words, OHT's, CD**
- λ **French Nursery Rhymes (ou *Contes de Nourrice* si tu veux)**  
I taught English Nursery Rhymes in France for a term and have taught French ones in England for decades.  
**You get to keep - Printed words, OHT's, CD**

**What makes me think I can do all these things?**  
**How do you know you'll be getting something worthwhile?**

I've been teaching in Norfolk since 1978; from 1990 as a Supply Teacher in many schools around the County

I've been a High School Music Teacher for about half that time

I've taught Middle School Music as Subject Teacher for several Terms

I've taught French at Key Stage 2 and 3 for many years

I've written songs for Assemblies, School Trips, Shows, Retirements and Classes

I've written for and directed local Amateur Dramatic musical productions

I've been involved in, and for over three years ran, the Norwich Folk Club

I've been Calling for Ceilidhs and Barn Dances for 20 years and playing for them even longer

People keep coming up to me at Dances and telling me they remember songs I did with them decades ago!

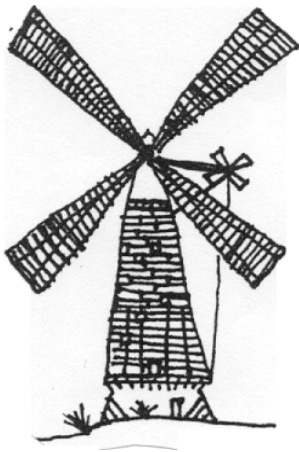
I've researched, published and taught Norfolk dances and tunes

I've been writing songs ever since I can remember; at least since 1963

I play Accordion, Guitar, Ukulele, Keyboard/Piano, Bass, Tambourine

I get a huge satisfaction out of teaching children music that is relevant to them

I'm happy to spend time talking about any possible work before you commit yourself - please phone



Head Teacher: Mrs Gill Coathup



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### Alan Helsdon

Alan has, on many occasions worked with our children; he is a talented musician and a talented teacher with an extensive knowledge of Norfolk life past and present. He is the author of a book about Folk Dances in Norfolk.

Most recently Alan was involved in our Arts Week, working with the children to develop musical experiences related to our 'Seaside' theme. Alan accompanied us on a visit to Great Yarmouth and the Time and Tide Museum. He spent time with the children talking about seaside holidays in the past, the museum and the beach. From this initial visit Alan incorporated the ideas and feelings of the children into songs that he wrote for them. These songs were recorded onto a CD ready for Alan to work with the children in school. During the classroom session Alan brought instruments into school which he had used to compile the CD. The children then went on a musical journey, re enacting our school visit and learning the songs on route.

It was a magical experience for the children (years 1 and 2) and they were enthralled for the whole session. Alan has the ability to communicate his enthusiasm and love of music to the children and takes genuine delight in their achievements. Indeed Alan has worked with all our children equally successfully from Reception to Year 6. He has an enormous repertoire of songs, dances and music. Not only do Alan's sessions fit beautifully with National Curriculum requirements, he provides children with unique experiences which I am sure they remember all their lives.

Gill Coathup (headteacher)