

Relationship between participation in singing programmes and student wellbeing

Recently Waitakiri School was involved in a Teacher Led Innovation project with Victoria University of Wellington.

This research aims to investigate the perceived relationship between singing programmes and wellbeing in a school community affected by the Christchurch earthquakes.

[Find out more about this study by researchers at Victoria University of Wellington.](#)

The completed report of the project will be shared once it has been peer reviewed.

The use of music therapy

Music therapy is the planned use of music to assist with the healing and personal growth of people with identified emotional, intellectual, physical or social needs.

Music therapy is effective with people of all ages and abilities, from newborn babies, through childhood and adolescence, to adulthood and the end of life.

[Find out about music therapy in New Zealand.](#)



Contact Richard Wisnesky at Community and Public Health for more details on this information sheet (richard.wisnesky@cdhb.health.nz or 03 364 1777).

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