



Music Generation  
Laois/Laoise



# BICYCLES BOOMERANGS & BLUE MACAWS

P R O G R A M M E

01.06.23

JUNE 1ST - 2023  
THE MALHOUSE  
STRADBALLY  
CO. LAOIS

PREMIERE OF 6 NEW SONGS COMPOSED  
BY LORNA MCLAUGHLIN, SARAH MURPHY  
AND CHILDREN FROM CLONEYHURKE, PADDOCK  
AND RATH NATIONAL SCHOOLS, CO. LAOIS



# FOREWORD

We warmly welcome you to the Premiere of 'Bicycles, Boomerangs and Blue Macaws' - a suite of original songs composed in a collaborative process over the past ten months. To hear children singing is a joy, and after an unprecedented time of silence, our focus in the Music Generation Laois Schools Singing Programme, was on hearing the child's voice again in all its glory, resulting in this new suite of songs you hear today. Visiting the schools on a weekly basis is a privilege for me, and it is wonderful to see the children grow in confidence and competence as the year progressed. Sarah and Lorna's engagement with the children brought out a creativity that greatly enriched our programme, adding songwriting as a new skill in the children's music experience. Thank you Sarah and Lorna for your dedication and commitment to the project. Thank you to the classroom teachers, principals, SNAs and the wider school communities for your continued support. Enjoy the performance, your children have a great sense of pride in what they have achieved. Bravo one and all!

**Nuala Kelly,**

Lead Musician,

Music Generation Laois Schools Singing Programme





# BICYCLES BOOMERANGS & BLUE MACAWS

**‘Bicycles, Boomerangs and Blue Macaws’ is a suite of six original songs inspired by ‘The United Nations Convention on the Rights of the Child’. Composers Sarah Murphy and Lorna McLaughlin were commissioned by Music Generation Laois, with funding from Creative Ireland Laois and The Arts Council, to facilitate a collaborative songwriting process with one hundred primary school children aged 7-12, in five classes across three schools: Cloneyhurke NS; Paddock NS, and Rath NS.**

**The songwriting took place between November 2022 and March 2023, with children exploring various articles from the convention alongside their rights and responsibilities as global citizens, with the children brainstorming themes they wanted to explore. The songs that you hear today emerged organically from this process, with every child contributing ideas, words, sentences, musical lines, and working with Sarah and Lorna to shape the ideas, and make decisions together.**

**“The United Nations Convention on the Rights of the Child” was agreed in 1989 and has become the most widely ratified human rights treaty in history helping transform children’s lives around the world. Ireland ratified the convention in 1992 and following a referendum in 2012, amended its constitution to say “The State recognises and affirms the natural and imprescriptible rights of all children and shall, as far as practicable, by its laws protect and vindicate those rights” In subsequent years Ireland has continued to revise and embed children's rights into Irish law directly affecting children ensuring their rights as citizens.**

**The Convention is informed by four core principles: non-discrimination; the best interests of the child; the right to life, survival, and development; and respect for the views of the child. For the project, we explored a little about the background of the Convention, Ireland's involvement, an overview of the articles which are displayed in every primary school and then we selected 6 out of the 54 articles to sing about across all the schools.**

# SONG LISTINGS

**Cloneyhurke 3rd-6th Class** chose to think about a Boomerang of Kindness and how we all have the power to create ripples of positivity by living life in a respectful, thoughtful and kind way. They called their song “Kindness” and introduce it with article 12

## **Article 12 -**

### **Respect for the views of the child**

*Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.*

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**Rath 2nd Class** chose to share their deep respect for nature and encourage us to take care of all the animals around the world. They called their song “Nature’s World” and introduce it with article 29

## **Article 29 -**

### **Goals of education**

*Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment. Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.*

**Paddock 4th-6th Class** thought a lot about what “home” meant to them, the importance of looking out for people's feelings and the emotional challenges refugees might face on being displaced by conflict or natural disasters. They called their song “Home’s a feeling” and introduce it with article 22

## **Article 22 -**

### **Refugee children**

*If a child is seeking refuge or has refugee status, governments must provide them with appropriate protection and assistance to help them enjoy all the rights in the Convention. Governments must help refugee children who are separated from their parents to be reunited with them.*

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**Rath 3rd Class** focused on the importance of care of our beautiful planet and finding solutions to combat climate change. They called their song “We are the Solution” and introduce it with article 24

## **Article 24 -**

### **Health and health services**

*Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.*

**Paddock 2nd-3rd Class** chose to write an empowering song that celebrates the amazing power of trees and the forest ecosystem. They called their song “You can't cut me down” and introduce it with article 23

### **Article 23 - Children with a disability**

*A child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community. Governments must do all they can to support disabled children and their families.*

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### **31 Ways to Play**

Sarah and Lorna facilitated the composition of a final song across all 5 classes that explored in a humorous way what rights the children would like to add if they were asked today. This was inspired by article 31 and we called it '**31 Ways to Play**'.

### **Article 31 - Leisure, play and culture**

*Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.*







BICYCLES  
BOOMERANGS &  
BLUE MACAWS

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Lyrics

# KINDNESS

Composed by Lorna McLaughlin, Sarah  
Murphy and Cloneyhurke NS 3rd-6th Class

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## CLONEYHURKE NS 3RD - 6TH CLASS

### Article 12

The UN rights, the United Nation rights of the  
child, of the child, Article number 12

I have the right to be heard

I care about my future

I have lots of thoughts and ideas

Treat me with dignity

The UN rights the United Nation rights of the  
child, of the child, Article number 12

### Intro

Spins around the, Spins around the world Kindness  
Spins around the, Spins around the world

Donsch Jetschna

Book Mandageih

Spins around the, Spins around the world

Friends Help me

Bigi Cinalta

Team up with me.

### Chorus

The boomerang of Kindness

It Spins around the world

The boomerang of kindness

You Give and you Receive

It only takes a moment

To make somebody smile

So do an act of kindness

And make somebody's day.

Verse 1

## **INTRO**

Spins around the world  
Kindness  
Spins around the world  
Bądź grzeczna  
Buk mandogu  
Spins around the world  
Friends Help me  
Bíjí cineálta  
Team up with me

## **CHORUS**

The boomerang of kindness  
It spins around the world  
The boomerang of kindness  
You give and you receive  
It only takes a moment  
To make somebody smile  
So do an act of kindness  
And make somebody's day

## **VERSE 1**

Recycle your plastic and stop your littering  
Clean out the woods and streams, it's killing  
animals  
Like badgers, birds & hares, even the frogs  
and fish  
Let's do a litter pick, using recycling

## **CHORUS**

## **VERSE 2**

Create facilities for disabilities  
Wide doors and ramps and rails, print more  
books in braille  
Let's learn some sign language, look out for  
everyone  
Especially those in need, so let's do a good  
deed  
The Boomerang of Kindness

## **BRIDGE**

Will this make an impact  
On what we're trying to do  
Feeling tired we keep pushing through  
We know what we want to do  
Make a better day  
Let's go outside and play

## **CHORUS**

## **OUTRO**

It makes you wanna smile  
Kindness goes on for miles  
You've got to be a friend  
The chain will never end  
We need to laugh and play  
So do it every day  
Be kind to yourself  
And everybody else  
Oooh!  
Spins around the world, kindness  
Spins around the world, kindness  
Spins around the world  
Spins around the world  
Spins around the world  
Kindness



# NATURE'S WORLD

Composed by Lorna McLaughlin,  
Sarah Murphy and Rath NS 2nd Class

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## RATH NS 2ND CLASS

### Article 29

The UN rights the United Nation rights of the  
child, of the child, Article 29

Children all around the world

Have the right to education

Learning about the world and ourselves

Living respectfully

The UN rights the United Nation rights of the  
child, of the child, Article 29

We want to sing about the  
creatures that we love so well

Fins furs and feathers.

feeding all the animals is what we need to do nature's

our protective shield throwing down a seed to grow

a magical new tree that feeds all the

creatures. Goblin shark, orca, white tiger,

goblin shark, rhino orca white tiger

Armadillo

DZO!



## **CHORUS**

Blue macaw  
Flying squirrel  
Red panda  
Narwhal  
Kingfisher

## **VERSE 1**

Today I'm in the universe and its working out well  
The sunlight and the moonlight make it true and right  
We want to sing about the creatures that we love so well  
Fins, furs and feathers

## **CHORUS**

## **VERSE 2**

Feeding all the animals is what we need to do  
Nature's our protective shield  
Throwing down a seed to grow a magical new tree  
That feeds all the creatures

## **OUTRO**

Goblin shark  
Orka  
White tiger  
Rhino  
Armadillo  
Dzo

# HOME'S A FEELING

*Composed by Lorna McLaughlin,  
Sarah Murphy and Paddock NS 4th-6th Class*

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## **PADDOCK NS 4TH - 6TH CLASS**

### **Article 22**

The UN rights the United Nation rights of the  
child, of the child, Article 22

I am a refugee

I have the right to safety

Help and protection in a new land

With my family

The UN rights the United Nation rights of the  
child, of the child, Article 22

Home is home  
Where I belong  
Cosy and warm  
Singing a song  
Chilling with freinds  
Having the Craic  
Walking the dog  
HAPPY and safe  
where I belong  
where I belong  
HOME'S a feeling  
HOME'S a feeling  
HOME'S a feeling

## **INTRO**

Starts to shake,shake shake shake shake!

## **CHORUS**

The ground started to shake  
I was pinned to the ground  
Shock came over me  
Now I hope to be free  
From all these feelings

## **VERSE 1**

Our time on earth is precious, treat people  
equally  
Some countries are peaceful, but not mine  
you see  
I suddenly had to leave, fleeing to find safety  
I left behind my old life I don't know what's  
ahead for me

## **CHORUS**

## **VERSE 2**

I know that you're feeling low, after all that  
you've been through  
It may take a little while, but you'll stop feeling  
blue  
Don't hide in the corner, I'll sit down with you  
Tell me what you'd like to do, and I will do it  
too, for you

## **CHORUS**

## **OUTRO**

Home is home (home's a feeling)  
Where I belong (home's a feeling)  
Cosy and warm (home's a feeling)  
Singing a song (home's a feeling)  
Chilling with friends (home's a feeling)  
Having the craic (home's a feeling)  
Walking the dog (home's a feeling)  
Happy and safe (home's a feeling)  
Where I belong (home's a feeling)  
Where I belong (home's a feeling)

Home's a feeling  
Home's a feeling  
Home's a feeling

# WE ARE THE SOLUTION

Composed by Lorna McLaughlin,  
Sarah Murphy and Rath NS 3rd class

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## RATH NS 3RD CLASS

### Article 24

The UN rights the United Nation rights of the  
child, of the child, Article 24  
Children all around the world  
Have the right to drink fresh water  
Delicious, nutritious, healthy food  
A safe and happy home  
The UN rights the United Nation rights of the  
child, of the child, Article 24

The World is slowly heating  
The coral reefs are bleaching  
I'm angry, scared, frustrated and upset  
Looking down Space  
A beautiful breathtaking place  
The crust around the Earth  
Green, blue and yellow  
The sea the sand the  
disappearing land



## **CHORUS**

The climate is changing  
The temperature is rising  
The weather's getting warmer  
Sahara's getting longer  
The glaciers are melting  
The icebergs disappearing  
The ocean's full of rubbish  
The world is slowly heating  
The coral reefs are bleaching  
I'm angry, scared, frustrated, and upset

## **VERSE 1**

Looking down from space  
A beautiful breathtaking place  
The crust around the Earth  
Green, blue, and yellow  
The sea, the sand, the disappearing land

## **CHORUS**

## **VERSE 2**

Every blade of grass  
Sounds of birds in the trees  
Nature all around  
But everyone's staring at screens  
Does anybody really care?

## **BRIDGE**

We are the solution to pollution  
Let's take a think about what we can do  
Eat less meat, turn off taps, use LED light  
bulbs  
Regenerate the peat bogs  
Take care of the ocean  
We are the solution to pollution  
Electric cars, windmill farms, solar paneled  
buildings  
Don't forget to recycle  
Remember to ride your bicycle; your bicycle

## **FINAL CHORUS**

The climate is changing  
The temperature is rising  
The weather's getting warmer  
Sahara's getting longer  
The glaciers are melting  
The icebergs disappearing  
The ocean's full of rubbish  
The world is slowly heating  
The climate is changing  
The climate is changing  
The climate is changing  
is changing, is changing

# YOU CAN'T CUT ME DOWN

*Composed by Lorna McLaughlin,  
Sarah Murphy and Paddock NS 2nd - 3rd Class*

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## **PADDOCK NS 2ND - 3RD CLASS**

### **Article 23**

The UN rights the United Nation rights of the  
child, of the child, Article 23

Living with disability

I have the right to be equal

Give me a life like everyone else

Inclusivity

The UN rights the United Nation rights of the  
child, of the child, Article 23

## **CHORUS**

You can't cut me down, I clean the air  
You can't cut me down, I give you oxygen  
You can't cut me down, I feed the earth  
I'm too special, I'm too special

## **VERSE 1**

The woods can be cold they can be sunny  
Patches of shadow and sun  
A gnarly trunk, with 500 leaves  
Every leaf a different design

## **CHORUS**

## **VERSE 2**

Trees in the woods stick together  
Their roots are growing stronger every day  
We all belong, a community of colours  
Every tree a different design

## **CHORUS**

## **BRIDGE**

Forest has a popping population  
Muddy water bubbling in the stream  
Moss, shrubs, twigs, and nettles  
Fairy doors nestling in the trees  
A leaf falls off a tree and dances  
Whisked away in the air  
Flying softly in the breeze  
Floating without a care

## **CHORUS**

## **OUTRO**

Plant trees, good roots  
Plant trees, good roots  
Plant trees, good roots  
Never-ending nature  
Plant trees, good roots (branches always  
growing)  
Plant trees, good roots (rivers always flowing)  
Plant trees, good roots (wind always blowing)  
Never-ending nature

# 31 WAYS TO PLAY

*Composed by Lorna McLaughlin, Sarah Murphy and all the children involved in Bicycles, Boomerangs and Blue Macaws*

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## CLONEYHURKE NS, PADDOCK NS AND RATH NS

### Articles - Finale

The UN rights, the United Nation rights of the  
child, of the child  
Agreed in 1989  
Ireland signed in 92  
Ensures my rights as a citizen  
Thank you!

I have the right to Rest  
I have the right to Play  
I have the right to culture and arts  
Creativity

Reading my favourite book  
Drawing peacefully  
Having a dance and singing a song  
Dreaming happily

These are the rights of Children all around  
the World.  
These are the rights of Children all around  
the World

Listen, Listen..... This is Who I am.



### **VERSE 1**

I have the right to rest  
I have the right to play  
I have the right to culture and arts,  
Creativity  
Reading my favorite book  
Drawing peacefully  
Having a dance and singing a song  
Dreaming happily

### **CHORUS**

These are the rights of children all around the world  
These are the rights of children all around the world  
Listen! Listen! This is who I am

### **VERSE 2**

Playing with my cat  
A teenie weenie bit of screentime  
Lounging in bed and watching cartoons  
Having a pizza Slice  
Jumping on a trampoline  
Free play in the pool  
Playing with friends and eating ice cream  
Things I love to do

### **CHORUS**

These are the rights of children all around the world  
These are the rights of children all around the world  
Listen! Listen! This is who I am

### **BRIDGE**

We don't need to know everything  
We just need to know how to live  
I can lie down and listen to my favorite song  
Go outside and breathe the air feeling free  
This is who I am

### **OUTRO**

Blowing shiny bubbles see them flying out,  
It's so satisfying when they pop pop pop  
Playing on the beach, in the summertime  
Swimming in the sea; with a splish, splash,  
splosh  
Squishing all the leaves; under my feet  
Stomping in the woods; with a crunch,  
crunch  
I threw a snowball, it was massive  
It bounced up into space, then it fell on my  
face  
Fairies, unicorns, and dragons  
Open your mind and see what you find  
Catching Boomerangs of Kindness  
Open your mind and see what you find  
Orkas, Goblin sharks, and Narwhals  
Open your mind and see what you find  
Safe and happy, homes a feeling  
The solution to pollution  
You can't cut me down I'm special  
This is who I am!







# YOUNG COMPOSERS

## **Paddock National School, 2nd - 3rd Class (Teacher Joan Dollard)**

### **2nd class**

Lily Mai Brophy  
Lexie Campion  
Willow Campion  
Sarah Delaney  
Doireann Dunne  
Juliette Feighery  
Molly Rose Fitzpatrick  
Finn Fitzpatrick  
Dearbhla Thompson  
Izzy Thompson

### **3rd class**

Alex Ben Mansour  
Cian Cuddy  
Rosaile Delaney  
Cillian Feeney  
Leah Heffernan  
Charlotte Kingston  
Ben Kirwan  
Róise Phelan Dalton  
Luke Ryan  
Jessica Schuch

## **Paddock National School, 4th - 6th Class (Teacher Alison Phelan)**

Nikita Agafonov  
Adam Brophy  
Ciara Lily Delaney  
Rebecca Feighery  
Ruby Fitzpatrick  
Nathan Hayes  
Matt Jackson  
Sam Kingston  
Rían Nolan  
Finn Stewart  
Colm Thompson

### **5th Class**

Tom Breen  
Evelyn Delaney  
Morgan Dunne  
Ryan O Connor  
Bronagh Walsh

### **6th Class**

Jack Carroll  
Fionnan Dalton  
Sarah Fitzpatrick  
Kasey Kingston  
Jessica McCormack  
Lila Nolan  
Polly Nolan  
Matthew Phelan  
Leighanne Schuch  
Doireann Wall



**Rath National School, 2nd class  
(Teacher Mairéad McCormack)**

Jack Carroll  
Michaela Delaney  
Emily Dempsey  
Rian Dooley  
Aoife Duffy  
Luke Duffy  
Michael Dunne  
Denis Gleeson  
Illia Hubernator  
Camelia Iurescu  
Lee James  
Kato Khurtsilava  
Doireann Kirwan  
Fynn Kirwan  
Leon Lewis  
Mia McCormack  
Robyn Miller  
Hanna Monahan  
Finbarr Murphy  
Mary Kate O'Connell  
Lauren O'Connor  
Mirabel Ogun  
Beibhinn Phelan  
Ned Rodgers

**Rath National School, 3rd class  
(Teacher Laura Coleman)**

Tommy Bergin  
Molly Byrne  
Rhys Corby  
Aran Corcoran  
Danny Daly  
Dion Duffy  
Grace Duffy  
Ewan Guppy  
Saoirse Henderson  
Alison Kelly  
Ciarán Magennis  
Alyson Maher  
Kevin Mulhall  
Tadhg O'Connell  
Anna O'Connor  
Clodagh O'Grady  
Aidan O'Keeffe  
Emese Anna Poda  
Ciarán Redmond

**Cloneyhurke National School, 3rd -6th Class**

**(Teacher Ciarán Cunniffe/Mary Coss)**

**3rd Class**

Fionn Conway  
Aoibhínn O'Neill  
Grace Oldie  
Rachael Oldie  
Michael Ryan

**4th Class**

Lacey Edghill  
Ellie Edghill  
Jason Pietras  
Ben Whelan

**5th Class**

Fabian Bulowski  
Noah Conway  
Kaiden Crosbie  
Kealynn Dempsey-Cox  
Callum Heavey  
Devlin Henderson  
Josh McCormack  
Charlie Norris  
Pádraig Tooher

**6th Class**

Jessica Dooley  
Sara Fanning  
Beth Fox-Deegan  
Vanessa Juškaitė  
Senan Tooher  
Ksawery Zdrajkowski







# MESSAGE

**A message from Sarah Murphy and Lorna McLaughlin**

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*"We are absolutely delighted to have had the opportunity to listen to the amazing thoughts and musical ideas generously shared by every child involved in this project, and to spend time joyfully writing songs together. Each and every child should feel proud of their contributions and we hope that they sing these songs for years to come. Music and creativity is alive and thriving in Music Generation Laois!"*

**Sarah and Lorna**





### **Lorna McLaughlin**

Lorna McLaughlin is a musician from Co. Donegal. She was brought up surrounded by folk music, while also studying classical piano and clarinet. Lorna has a music degree from Queen's University Belfast, specialising in singing and ethnomusicology.

Lorna has had an illustrious career in both community music and in her professional performance career. She has worked in schools, elderly units, prison, hospitals, community centers, pre schools, colleges, theaters and universities in her time, most recently as a lecturer at BIMM, Dublin. She was a co-founder and musical director of the Inishowen Community Trad Choir.

Lorna is best known for her work with The Henry Girls, a group composed of Lorna and her 2 sisters, Karen and Joleen. Over the last decade, they have recorded eight albums and toured extensively in America and Europe.

### **Sarah Murphy**

Sarah Murphy is a flautist, music facilitator, composer and Co-founder & Artistic Director of Wall2Wall Music. Her highly varied career has involved performances, music education projects and training for music services and organisations across Ireland and internationally. Sarah additionally worked as a Creative Schools Associate from 2018-21.

In 2010 Sarah established Wall2Wall Music which designs and delivers creative music workshops based on collaborative composition and performance. Sarah has led many flagship projects all over Ireland and the UK including: "At Sixes and Sevens" with Barbican Guildhall, the London Symphony Orchestra and Verbal; and "An Meitheal Mor – Global Citizens Together" commissioned under the Department of Education and Skills Per Cent for Art Scheme by Scoil San Phroinsias NS Galway, in partnership with Contemporary Music Centre, Music Generation Galway and Galway City Council, and which was featured on RTE learn.

Sarah's recent compositions include "Opening Doors" commissioned by Mid and East Antrim Borough Council and "Taiko Love" and "The Swan and The Crane" commissioned by Foyle O-Bon Japanese Festival.

# MUSIC GENERATION LAOIS

Music Generation Laois provides high quality, inclusive, accessible performance music education programmes to children and young people in Laois. Music Generation Laois is part of Music Generation, Ireland's National Music Education programme, initiated by Music Network, and co-funded by U2, The Ireland Funds and the Department of Education. Locally Music Generation Laois is part of Laois and Offaly Education and Training Board and supported by Laois County Council.

Music Generation Laois operates in 32 locations across Laois each week, providing music programmes to 3500 children and young people, in settings that include schools, afterschool programmes and youth settings. Music Generation Laois also works with community organisations including Mens Sheds groups in Mountmellick, Portlaoise and Rathdowney, and most recently launched a Ukrainian Community Choir.

In 2018, Music Generation Laois and partner organisation Laois School of Music secured a dedicated creative space in Portlaoise town, Laois Music Centre. Laois Music Centre programmes a range of classes and ensembles for children, young people and adults, 6 days per week, as well as an extensive range of Summer schools, live performances, additional workshops and project opportunities. Over 750 children, young people and adults access Laois Music Centre each week.



**Credits:****Music Generation Laois Musician****Educators House Band****Mary Wisely** - Piano**Ros O'Meara** - Drums/Percussion**David Harte** - Bass**Denise Boyle** - Fiddle**Siobhan Buckley** - Harp

Sound: Acoustik

Photography: Alf Harvey

Videography: Naoise Kettle

Design: Black Rogue Design

Music Generation Laois

Rosa Flannery, Music Development Officer

Nuala Kelly, Resource Worker

Natalia Podvisevschii, Administrator

Martin Hibbitts, Caretaker

Bicycles, Boomerangs and Blue Macaws  
FundersArts Council's Young People, Children and  
Education Commissions Award 2022Creative Ireland Laois, Laois County Council,  
2023Music Generation Laois/ Laois Local Music  
Education Partnership Steering Committee  
Members: Linda Tynan (Chair), Muireann Ní  
Chonail, Pat Delaney, Nuala Kelly, Joe  
Thompson, Annmarie Keane, PJ Kavanagh,  
Gay McKeon, Dr. Marie-Louise Bowe, Alain  
Carroll**Thank you:***Staff and parents/guardians of Cloneyhurke,  
Paddock and Rath National Schools,  
All Musician Educators in Music Generation  
Laois and Laois School of Music  
Glenn Bradshaw, The Malthouse*

