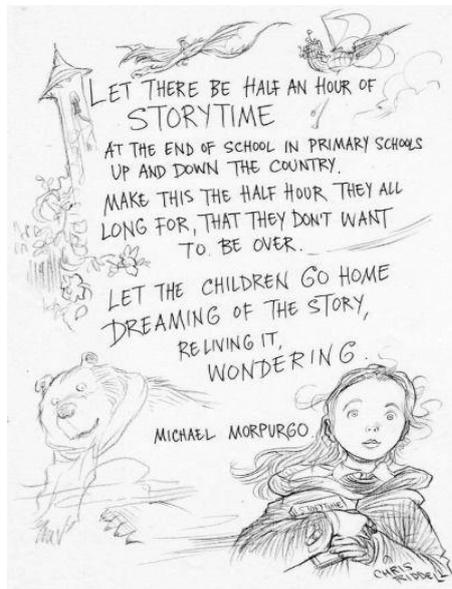


Welcome! This week is Mental Health Awareness Week. It is acknowledged that reading for pleasure has a positive effect on mental health. Nicola Morgan is a former English teacher who has, in the past, been nominated for the Carnegie Medal. Her

book *Blame My Brain* was published in 2005. This is from a blog she published in 2018: '....in 2015...the UK's Reading Agency published its *Literature Review*, a meta-study of hundreds of other studies over many years. "Reading for pleasure has a dramatic impact on life outcomes," was the headline conclusion. The research also showed that it wasn't just the daily act of reading, but the enjoyment of it that made the difference. Hence the phrase: "reading for pleasure". So, now we know: daily reading for pleasure positively affects mental health, self-esteem, vocabulary, general knowledge, socio-economic status, relationships, mood control, empathy, self-understanding and stress levels. Why might reading for pleasure reduce stress? - Because readers believe it does. Ask any reader, "Do you think reading for pleasure would reduce stress?" and most say yes. Confirmation bias means we tend to see what we expect to see: if we expect to see stress reduction, we do. - If we're engaged in a book we can't simultaneously be worrying - it gives negative thoughts a break. - Reading for pleasure allows a state of "engagement", offered by Martin Seligman and others as an importantly positive and transformative psychological state. - It leads to increased self-worth, itself likely to reduce the stress of negative feelings. - We can choose books to create a desired emotion. If our emotional state is one we don't like, we can change that by reading a book that will make us feel another emotion. - Reading gives us space away from the demands of other people. It gives us a break. This is especially important for introverts.' (Martin Seligman is an American psychologist and educator.)

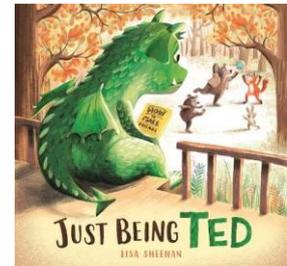
## Reader of the Week

Very well done to all of our Readers of the Week ! Special mentions to Logan from 1LM, Bobby D. from 3NM and May from 4PK. On Fridays, teachers celebrate reading in class by picking an individual pupil who has particularly impressed because she / he has been: - reading regularly at home; - reading well in class; - making good progress with reading; - listening attentively during story time each day; - enthusiastic about books and reading; - bringing in books from home to share & recommend; - producing good writing linked to a book; - improving reading stamina and concentration. Readers of the Week receive a book mark and a sticker.



**'The Lightning Catcher':** Written by Clare Weze, this is a debut of the month on the LoveReading4Kids website. It's for age 9+ and will be published on Thursday. The website says: *'A wild and unruly adventure in which people, animals and most of all the weather all behave in unexpected and unlikely ways....Debut author Clare Weze writes with a freshness and energy that sweeps her readers along, leaving them exhilarated if a bit confused!'*

**'Just Being Ted' by Lisa Sheehan:** This is another debut of the month on LoveReading4Kids. It is for age 3+ and will be published this week. From LR4K: *'Ted tries so hard to make friends with the other animals, but there's something about his fiery breath and fearsome-looking claws that keeps putting them off. One day Ted notices a sign for a summer picnic party in the forest. The only trouble is that it's for BEARS ONLY. Perhaps if he dresses up as a bear for the day they'll let him in and he'll make lots of new friends. What could possibly go wrong?'*



Please read aloud to the children each day. Happy Reading.....Paul (10/5/21)

Paul Kynaston : Assistant Head Teacher : Reading Advocate : Malvern Primary School : Liverpool

At home I'm reading **Ted Hughes: The Unauthorised Life** by Jonathan Bate.

In class I'm reading **The Truth of Things** by Anthony McGowan.

I'm also reading **Brand New Boy** by David Almond to 4PK.