

**10/10/22 – A very warm welcome to this week’s edition of our reading for pleasure newsletter.**

**World Mental Health Day:** Today is World Mental Health Day – and the theme is: ***Make mental health and wellbeing for all a global priority.*** Something as simple as reading for pleasure confers benefits on our

wellbeing. According to University of Sussex research, reading for as little as six minutes a day can cut a person’s stress levels by two thirds. And a report by the Literacy Trust found that children who enjoy reading and writing have significantly better mental wellbeing than their peers. The report found that as children transition from primary to secondary school, their literacy engagement and mental wellbeing levels begin and continue to decline. This correlates with the Children’s Society survey of 10-to-15-year-olds. Some thoughts and ideas:

**Choice:** It is important that children have access to a wide variety of books and get to choose what they read. Supporting that choice is essential and adults can help by talking to children about their interests in order to help them make informed choices.

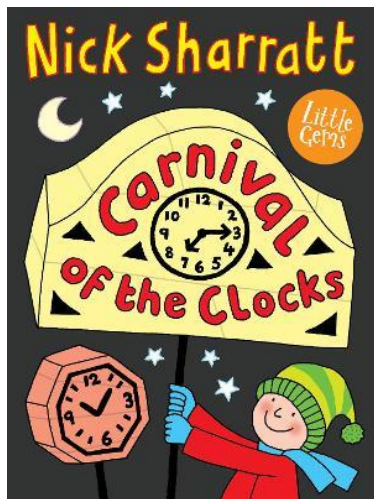
**Time:** A daily reading for pleasure time is essential. Encouraging regular reading is an ideal way of developing positive reading habits. Indeed, some schools include this as part of an overall wellbeing strategy.

**Social:** Children should see reading as a social (as well as a solitary) activity. Sharing their thoughts about books, talking to their peers and making recommendations are all important aspects of children’s reading lives.

**Reader of the Week:** Congratulations to our readers of the week. Last week’s amazing book worms included: am Nursery – Bobby / pm Nursery – Harley / 1CF – Lois / 3AP – Tom / 3NM – Sofia / 6IP – Layla.

**Reader  
of the  
Week**

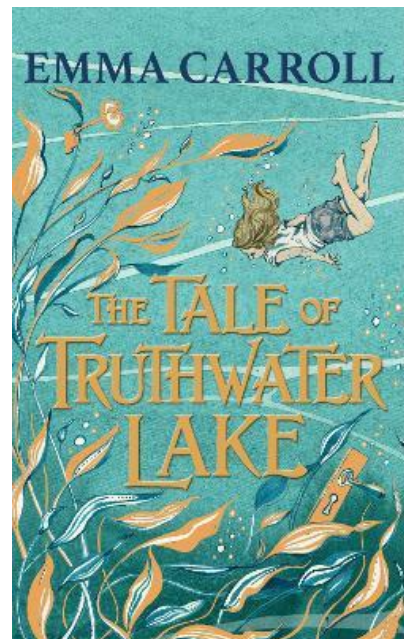
Readers of the Week may have: - read regularly at home; - read well in class; - made good progress with reading; - listened attentively during story time each day; - been enthusiastic about books and reading; - brought in a book from home to show / share / recommend; - produced a good piece of writing linked to a book; - made good progress on Reading Plus; - improved reading stamina and concentration.



**'Carnival of the Clocks' by Nick Sharratt:** The website [www.lovereading4kids.co.uk](http://www.lovereading4kids.co.uk) says: *Nick Sharratt has taken inspiration from a local event known as the 'Burning of the Clocks', which takes place in Brighton every year on 21st December to mark the shortest day. The brainchild of award-winning community arts charity Same Sky, this unique event sees members of the community create their own paper lanterns and parade through the city, before burning them in a bonfire. With Nick's iconic fun-filled and colourful artwork, this magical event is committed to the page in a wonderful story that is the perfect choice for newly independent young readers. (For age 5+)*

**'The Tale of Truthwater Lake' by Emma Carroll:**

Here's the lowdown from LoveReading4Kids: *Polly and her brother Joel live in Brighton in 2032 – when it is too hot to go out for vast parts of the day, and the government has to issue alarms to keep people indoors and out of danger. After a swim at midnight – that goes very wrong – the two are sent away to stay with Aunt Jessie – who lives on the shores of Truthwater Lake – a vast reservoir that has been dried up by the lack of rain, and the heat. Whilst at the lake Polly accidentally ends up in 1952 – before the village under the lake was flooded to make the reservoir. She experiences the very different life of a village that no longer exists, the social mores of the time and the privations that existed in 1952 (being so close to WWII). Whilst she can't talk to Joel about it, she learns a great deal about determination, friendship, and channel swimming! The story is full of friendship as well as the vitally important message that we should tread lightly on the earth to preserve it for the future. Fans of Emma Carroll will lap this up – and, by taking a slightly different tack, it may well bring lots of new readers to her books. A thought provoking read. (For age 9+)*



**LoveReading4Kids:** This website is a fantastic resource. The website itself explains: *LoveReading exists because reading matters, and books change lives. It's well-documented that reading for pleasure, and improving reading standards, has a huge impact on children's wellbeing, academic achievements, and future success. Go to: [www.lovereading4kids.co.uk](http://www.lovereading4kids.co.uk)*



**'Books crowbar the world open for you.'** (From 'Rooftoppers' by Katherine Rundell)

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

At home I'm reading **Tombland** by C.J.Sansom.

I'm reading **The Zebra's Great Escape** by Katherine Rundell to Year One.

I'm reading **The Bolds** by Julian Clary to Year Three.

The Malvern Community Book Club's current book is **Kolmysky Heights** by Lionel Davidson.