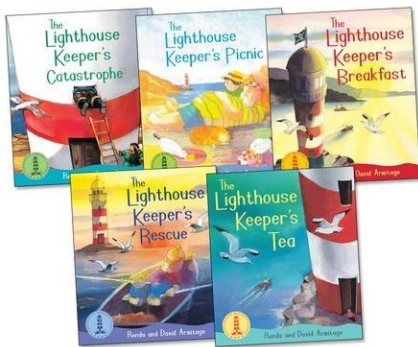
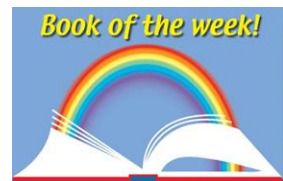


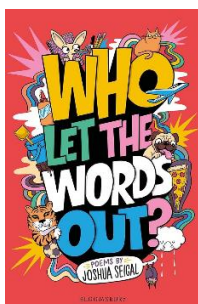
**Welcome !** Tomorrow is **World Mental Health Day**. In June of this year, Cambridge University detailed some research on the links between reading for pleasure and better mental wellbeing. The research found a strong link between reading for pleasure at an early age and a positive performance in adolescence on cognitive tests that measured such factors as verbal learning, memory and speech development - and at school, academic achievement. The research also found that children who read for pleasure from an early age have better mental wellbeing, as assessed using a number of clinical scores and reports from parents and teachers, showing fewer signs of stress and depression, as well as improved attention and fewer behavioural problems such as aggression and rule-breaking. Children who began reading for pleasure earlier also tended to spend less screen time – for example watching TV or using their smartphone or tablet – during the week and at weekends in their adolescence, and also tended to sleep longer.



**Book(s) of the Week:** This week, our library is featuring several of Ronda and David Armitage's Lighthouse Keeper books. Ronda very kindly sent us a message: *To Malvern Primary School – Dear Everyone – David and I are always delighted when our books are read and I hope enjoyed by children and even some adults. We do hope you enjoy them as it would make Mr. Grinling (the lighthouse keeper) very happy. If you want to find out more about us do look at my website: [www.rondaarmitage.co.uk](http://www.rondaarmitage.co.uk)*



**Reader of the Week:** Last week's bookworms included Evie C. and Harley H. from the Nursery, Cassie from Miss Fraser's class, Zach from Miss Brown's class, Alice from Miss O'Brien's class, Michael from Mrs. Worthington's class, Sophia from Mr. Bulmer's class, Vaughn from Mrs. Matthews' class and Charlie B.R. from Miss Carr's class. Well done !



**Poem of the Day:** A short poem from Joshua Seigal's fantastic new book 'Who Let the Words Out'. It's called Mistaken Identity:

I called my teacher 'Mummy'  
which I'm sure you will concur,  
was really rather stupid  
as his real name is 'Sir'.

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

Paul Kynaston : Assistant Head Teacher : Reading Advocate : Malvern Primary School : Liverpool : 9/10/23

I'm reading **Code Name Kingfisher** by Liz Kessler.

The Malvern Community Book Club's current book is **Lessons in Chemistry** by Bonnie Garmus.