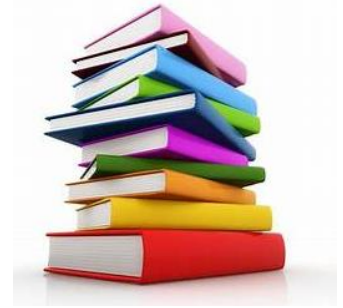




Reading Matters

“The more that you read the more things you will know. The more that you learn, the more places you’ll go.” Dr Seuss



Welcome to our reading newsletter. Reading is a key focus in our school and we want to share why it is so important to read, ideas about how to encourage your child to read and also recommend books they may enjoy.

Did you know?

Read **20 minutes** a day and you will read 1,800,000 words per year.

Children who read 1,000,000 words a year are in the top 2% of reading achievement

When children have a home library, as little as **20 books** of their own, they achieve **3 more years** of schooling than children who don't have any at home.

Reading for **6 minutes a day** reduces stress by 68%.

Parent Guide: How can I encourage my child to read?



As your child enters their teen years, a whole world of exciting new fiction opens up to them, and books can give them a safe place to explore complex feelings. However, young people's lives are busier than ever, and it's easy for reading to slip down their list of priorities. Try these suggestions to encourage them to maintain a lifelong reading habit.

If they don't want to read, try to find out why

In teenage years, reading is often seen as 'uncool'. To overcome this, it can help if they see reading as something they can do to further their hobbies: how-to manuals are

good, for instance.

If they are a confident reader but have stopped reading, it's possible they've become turned off by the reading they need to do for schoolwork. As their school reading becomes linked to exam pressures, teens can begin to see reading as less fun than it used to be.

If they are lacking in confidence, they might need some quick reads to boost their reading self-esteem. A quick check with their teacher can give you a clear picture of how they are getting on as readers.

Don't be fussy about what they read

Here is the key: reading is a habit, and as long as they're in the habit of picking up something to read, it doesn't really matter what they're reading. If they are reading magazines, great – this can lead to further reading if you can establish what they are interested in.

Also, remember that young people need to see reading as a fun thing to do. Do not worry if you feel that their personal reading is not challenging them – school takes care of that. Do not force them to read anything – that is a sure way to associate reading with pressure.

Make sure they see you reading

If your teen sees you reading, then that lets them know that you find reading enjoyable and worthwhile. It is not guaranteed to get them reading, but it certainly sends out the right message.

Look for books based on movies and computer games

If you have been caught up in a good story, you don't want it to end! Lots of films, games and television shows are adapted from books, and young readers are much more likely to engage with something that they are already familiar with and interested in.

The right book is out there

Be patient as you try to find the book that engages your teen. Some teenagers have a preconception that reading is largely about fantasy and adventure, and has very little relevance to their lives. In fact, young adult fiction is full of gritty and realistic stories featuring relatable teen voices. And our advice is not to worry about the mature content often found in these books – teens are bound to encounter discussion of adult issues through school or friends, and books are actually a great safe place for teens to explore their feelings about these issues.

Here are a few great places to find book recommendations:

- [LoveReading4Kids](#)
- [World Book Day parents' book finder:](#)
- [Common Sense Media](#)

HERE'S THE IMPACT OF READING 20 MINUTES PER DAY!

A student who reads

20:00

minutes per day

will be exposed to
1.8 MILLION
words per year
and scores in
90th PERCENTILE
on standardized tests

A student who reads

5:00

minutes per day

will be exposed to
282,000
words per year
and scores in
50th PERCENTILE
on standardized tests

A student who reads

1:00

minute per day

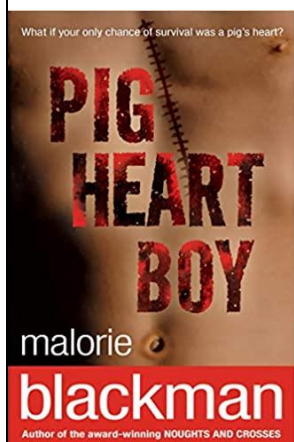
will be exposed to
8,000
words per year
and scores in
10th PERCENTILE
on standardized tests

SCHOLASTIC

Source: Neely Anderson and Hannah, 1981

Reading Recommendations

'Pig Heart Boy' by Malorie Blackman



You're thirteen. All you want is a normal life. But most normal kids don't need heart transplants.

So there's this doctor. He says there's a chance for you. But he also says it's experimental, controversial and risky. And it's never been done before.

13 year old Cameron is dying and his only hope is a heart transplant. When there are no human hearts available his father finds a doctor will to use a pig's heart.

Shortlisted for the Carnegie Medal, this is a powerful, thought-provoking story from the award-winning Malorie Blackman.

'The Curious Incident of the Dog in the Night-Time' by Mark Haddon



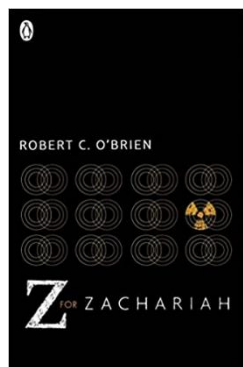
The Curious Incident of the Dog in the Night-Time is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone.

Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered, he sets out on a terrifying journey which will turn his whole world upside down.

Suitable for Year 8 and above

Suitable for Year 7 and 8

'Z for Zachariah' by Robert C O'Brien

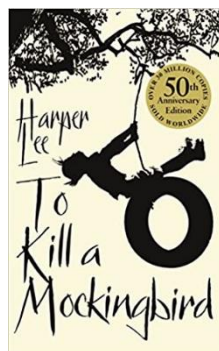


Ann Burden is sixteen years old and completely alone. The world as she once knew it is gone, ravaged by a nuclear war that has taken everyone from her. For the past year, she has lived in a remote valley with no evidence of any other survivors.

But the smoke from a distant campfire shatters Ann's solitude. Someone else is still alive and making his way toward the valley. Who is this man? What does he want? Can he be trusted? Both excited and terrified, Ann soon realizes there may be worse things than being the last person on Earth.

Suitable for Year 8 and above.

'To Kill a Mockingbird' by Harper Lee



Compassionate, dramatic, and deeply moving, 'To Kill A Mockingbird' takes readers to the roots of human behaviour - to innocence and experience, kindness and cruelty, love and hatred, humour and pathos.

Now with over 18 million copies in print and translated into forty languages, this regional story by a young Alabama woman claims universal appeal. Harper Lee always considered her book to be a simple love story. Today it is regarded as a masterpiece of American literature.

'To Kill a Mockingbird' is a coming-of-age story, an anti-racist novel, a historical drama of the Great Depression and a sublime example of the Southern writing tradition.

Suitable for Year 9 and above.

'Hatchet' by Gary Paulsen



Brian is on his way to Canada to visit his estranged father when the pilot of his small prop plane suffers a heart attack. Brian is forced to crash-land the plane in a lake--and finds himself stranded in the remote Canadian wilderness with only his clothing and the hatchet his mother gave him as a

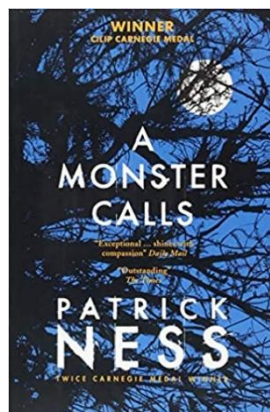
present before his departure.

Brian had been distraught over his parents' impending divorce and the secret he carries about his mother, but now he is truly desolate and alone. Exhausted, terrified, and hungry, Brian struggles to find food and make a shelter for himself. He has no special knowledge of the woods, and he must find a new kind of awareness and patience as he meets each day's challenges. Is the water safe to drink? Are the berries he finds poisonous?

Slowly, Brian learns to turn adversity to his advantage--an invading porcupine unexpectedly shows him how to make fire, a devastating tornado shows him how to retrieve supplies from the submerged airplane. Most of all, Brian leaves behind the self-pity he has felt about his predicament as he summons the courage to stay alive.

Suitable for Year 9 and above

'A Monster Calls' by Patrick Ness



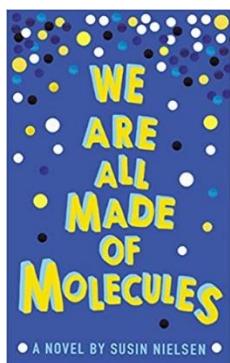
An unflinching, darkly funny, and deeply moving story of a boy, his seriously ill mother, and an unexpected monstrous visitor.

At seven minutes past midnight, thirteen-year-old Conor wakes to find a monster outside his bedroom window. But it isn't the monster Conor's been expecting - he's been expecting the one from his nightmare, the nightmare he's had nearly every night since his mother started her treatments. The monster in his backyard is different. It's ancient. And wild. And it wants something from Conor. Something terrible and dangerous. It wants the truth.

From the final idea of award-winning author Siobhan Dowd - whose premature death from cancer prevented her from writing it herself - Patrick Ness has spun a haunting and darkly funny novel of mischief, loss, and monsters both real and imagined.

Suitable for Year 10 and above

'We Are All Made of Molecules' by Susin Nielsen



Thirteen-year-old Stewart is academically brilliant but socially clueless. Fourteen-year-old Ashley is the undisputed "It" girl in her class, but her grades stink.

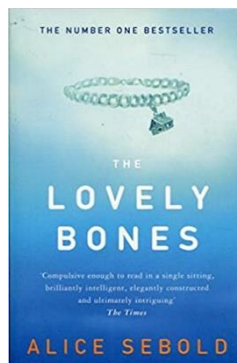
Their worlds are about to collide when Stewart and his dad move in with Ashley and her mom. Stewart is trying to be 89.9

percent happy about it, but Ashley is 110 percent horrified. She already has to hide the real reason her dad moved out; "Spewart" could further threaten her position at the top of the social ladder.

They are complete opposites. And yet, they have one thing in common: they—like everyone else—are made of molecules.

Suitable Year 10 and above

'The Lovely Bones' by Alice Sebold



"My name was Salmon, like the fish; first name, Susie. I was fourteen when I was murdered on December 6, 1973."

So begins the story of Susie Salmon, who is adjusting to her new home in heaven, a place that is not at all what she expected, even as she is watching life on earth continue without her -- her friends trading rumours about her disappearance, her killer trying to cover his tracks, her grief-stricken family unravelling. Out of unspeakable tragedy and loss, *The Lovely Bones* succeeds, miraculously, in building a tale filled with hope, humour, suspense, even joy.

Suitable for Year 11

Have you been to...

DRAKE The Bookshop

27 Silver Street, Stockton, TS18 1SX

Tel: 01642 909970

Email: books@drakethebookshop.co.uk

Website: www.drakethebookshop.co.uk

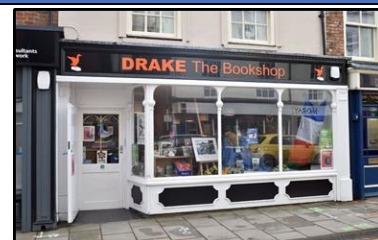
Reading Pharmacy for lockdown- tell DRAKE your last read or what books you enjoy and they will prescribe your next lockdown read:

<http://www.drakethebookshop.co.uk/index.php/component/virtuemart/drake-lockdown-reading-pharmacy?Itemid=546>



"Lovely bookshop, and warm, friendly staff. Lovely cosy area to sit and read with a coffee, and such a wide range of books."

Google Review, January 2020



Home Learning and Reading

Audible are offering free children's audio books: <https://stories.audible.com/start-listen>

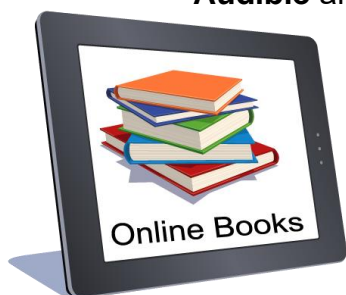
And a huge selection of books available for free online to read...

<https://readon.myon.co.uk/> (particularly for Y7 & Y8)

What other resources are available?

The Government have put together the best websites for online learning:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>



Resources, which can be used alongside tasks and lessons set by Our Lady and St Bede Catholic Academy:

<https://www.thenational.academy/online-classroom/>

<https://www.bbc.co.uk/bitesize>

We are reading...

BECOMING



Mrs Cecere is reading 'Becoming' by Michelle Obama.

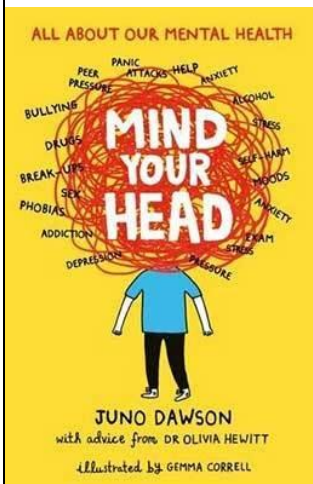
An intimate, powerful, and inspiring memoir by the former First Lady of the United States

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America - the first African-American to serve in that role - she helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. and around the world, dramatically changing the ways that families pursue healthier and more active lives, and standing with her husband as he led America through some of its most harrowing moments. Along the way, she showed us a few dance moves, crushed Carpool Karaoke, and raised two down-to-earth daughters under an unforgiving media glare.

In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her - from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it - in her own words and on her own terms. Warm, wise, and revelatory, *Becoming* is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations - and whose story inspires us to do the same

Non-Fiction Reading

'Mind Your Head' by Juno Dawson



In this upfront and accessible book, Juno Dawson tackles all things mental health. Packed with practical advice, guidance from clinical psychologist Dr Olivia Hewitt and some humorous reassurance, *Mind your Head* supports teenagers to understand a range of conditions from anxiety to personality disorders, as well as being straight-talking about body image, relationships, drugs and alcohol misuse.

With one in four people diagnosed with a mental health condition each year, most teenagers will either experience a mental health condition or know someone who has done. Juno Dawson encourages young people to be honest, open and informed about mental health and wellbeing.

Including testimonials from young people and suggested coping mechanisms, *Mind Your Head* will empower young people to talk confidently about mental health.

Maintaining Your Well-Being

Tips for parents & carers: There are many ways that you can maintain your well-being for yourself and others that you are living with. Try these links for some ideas:

Coronavirus: wellbeing activity ideas for families <https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

How to help your teenager with staying home during lockdown <https://www.barnardos.org.uk/blog/how-help-your-teenager-staying-home-during-lockdown/>

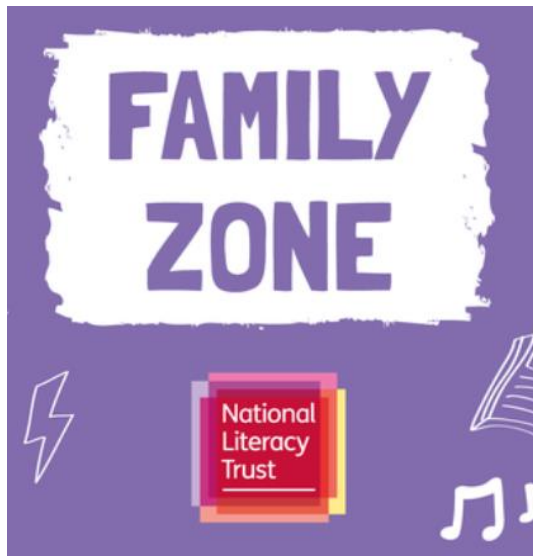
21 Things To Do During The Lockdown for older children & adults <https://www.readersdigest.co.in/better-living/story-21-things-to-do-during-the-21-day-lockdown-125352>



Literacy is the Key to Learning

'Literacy is key to academic success across the curriculum'
Sir Kevain Collins, Chief Executive of the EEF

How can I help to develop my child's literacy skills?



During these unusual times, it can be worrying to think that your child is missing out, but it is true that important literacy skills can also be developed through family time. The family zone from the National Literacy Trust caters for young people from birth to age 14; enabling them to keep busy, while benefitting their reading, writing and language development.

Resources are also available for older pupils, designed to boost skills and beat the lockdown boredom. This area provides a range of challenges and informative videos to prompt writing, which will promote literacy and develop key life skills.

The resources include; free audiobooks, author exclusives, the chance to write a lockdown poem, sign up to the skills academy, write a comedy script, create a CV and send in to get immediate feedback from industry experts. There are also a range of links from The National Theatre to Young Minds

How can we encourage positive and long-term literacy habits during lockdown?

In his article, *Motivating Children to Read During Lockdown*, Alex Quigley provides 5 handy tips to foster reading motivation:

- Regular reading habits
- Reading choice
- Reading variety
- Reading talk
- Reading success

To read the article in Families Online:

<https://www.familiesonline.co.uk/families-magazines/east-kent/the-next-issue/motivating-children-to-read-during-lockdown>

You may also find the recent guidance from *the Educational Endowment Fund* useful. It highlights the importance of finding 'learning opportunities everywhere' and using the **Talk with TRUST** approach to support reading, writing and language development.

Reading for Pleasure Puts children ahead in the Classroom, Study Finds <https://cls.ucl.ac.uk/reading-for-pleasure-puts-children-ahead-in-the-classroom-study-finds/>

Helping Home Learning

Talk with TRUST

Learning opportunities are everywhere. You can make anything a learning experience for your child, just follow the TRUST ideas.

T Take turns to talk about what you are going to do



R Recap the plan as you are working



U Use lots of encouragement



S Share what you know to help your child



T Tune-in and be interested



The TRUST framework was adapted from 'High Quality Interactions' in the EEF's guidance report *Preparing for Literacy* (p.9)

Reading focus is different for pupils of different age ranges, as we know.

- | | |
|---|---|
| <ul style="list-style-type: none"> In earlier years of secondary school, activities that support reading comprehension through shared book reading | <ul style="list-style-type: none"> In later years of secondary school, independent reading and strategies that support independent learning. |
|---|---|

You may use the following steps to support your child

1. Take turns to make plans and predictions before reading: <i>'I wonder if... what do you think?' 'You think... Oh, I thought...'</i>	3. Use encouragement and praise to keep children engaged in reading: <i>'What brilliant ideas...let's see what happens.'</i> <i>'You thought so carefully about... What might happen now?'</i>
2. Recap to check ideas and understanding as your child is reading: <i>'So, you think that...'</i> <i>'Did you expect...to happen?'</i> <i>'Why do you think that happened?'</i>	4. Share prior knowledge and past experiences that link to what is being read: <i>'Have you learnt about...at school?'</i> <i>'Do you remember when we watched...and found out about...'</i>
5. Tune-in and listen to your child – be curious about their interests: <i>'I didn't know you knew so much about...'</i> <i>'I love reading stories about...with you.'</i>	

Hints and Tips

1 Concentrate on reading quality (it isn't all about reading lots!)



2 Ask your child lots of questions



3 Ask your child to make predictions about what they have read



4 Ask your child to summarise what they have read



5 Ask your child to write about what they have read



6 Read and discuss reading with friends or family



7 Maintain the motivation to read

