

BEDLINGTON ACADEMY

READING NEWSLETTER

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READING AND MENTAL HEALTH

As if we needed another reason to sit down with our favourite book...

Reading has been found to be hugely beneficial for our mental health. According to new research from Oxford University Press, reading “challenging language” sends “rocket boosters” to our brains, which in turn boosts our mental health.

Classics from William Shakespeare and Charles Dickens were proven to help relieve depression and chronic pain.

Dr Paul Byrne explained the benefits of reading: “It’s actually a reinvention of a traditional idea. The ancient Greeks used poetry as therapy ... Books can take you to a different place. They can relax you and calm you, and they can offer wisdom, or humour, or both.”

STUDENT RECOMMENDATION

“I really enjoyed reading ‘The Maze Runner’ recently. The action builds up as you read on and I really enjoyed it.”

Year 8 student.

‘The Maze Runner’ by James Dashner is described as ‘a thrilling adventure book’ aimed at readers aged 13+.

The Maze Runner is available on borrowbox.com – just sign up to Northumberland Country library to access it. It is also available as an audiobook on audible.com.

It’s easy to sign up; just follow the link we’ve sent you by text message to give permission to your child to sign up in school. We’ll do the rest for you!



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



Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

Top Tip for reading at home: Discuss reading topics with your child to find out more about their interests. Point out little examples of reading where they may do this subconsciously. (For example, reading the plot of a game they enjoy, or even a bus timetable.)



“That’s the thing about books. They let you travel without moving your feet.”

Jhumpa Lahiri

(Pulitzer Prize-winning, American novelist. Best known for her short stories, novels and essays.)

Opportunities to read in school:

Every student has access to a book. English classrooms are running a 'Classroom Library' where students may sign out any book they might enjoy. See your English teacher to find out more!

Look out for more opportunities in different subjects too!

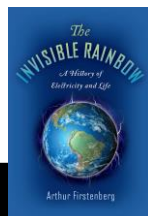
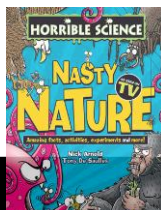
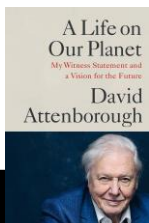
Spotlight on Science:

Year 9 will be studying electricity next half term. Some texts to support your child in this area are:

'A life on our planet: My witness statement and vision for the future' by David Attenborough.

'The invisible rainbow: A history of electricity and life' by Arthur Firstenberg.

KS3 could further benefit from reading the 'Horrible Science' series.



Did you know?

Children who read regularly:

- make far more academic progress over a shorter period of time
- are far more likely to achieve highly
- do an average of 15% better in all tests
- are exposed to 1.8 million words a year.

