



Bredon Hill Academy Reading Newsletter Spring Term 1

Reading about Sport

A good way to encourage your child to read is to find something they are interested in. There has recently been a huge surge in sport-related books for children, both fiction and non-fiction. Here is a selection:

Fiction



Non-Fiction



There are also many sport-related magazines that make good reading too! For more inspiration try [here](#).

Tips for Parents:

As teachers, we can't emphasise enough how important reading is for your child's learning. We are also aware of how difficult it can be to get your child to read. When listening to your child read, try some of the following tips to get actively involved in their reading:

- Before they begin reading, ask them about their book – what has happened so far? What do they enjoy? What do they think might happen next?
- During reading, ask them about the vocabulary to see if they understand what the words mean in the context of the book
- Make reading into a game: take turns to read paragraphs, sentences or dialogue. This is a good way to get your child to notice punctuation!
- If there are pictures, talk about them. What do they suggest about the story? Why has the author chosen these pictures?

Dates for your Diary from the National Literacy Trust

30th January – 6th February

National Storytelling Week

<https://literacytrust.org.uk/resources/national-storytelling-week/>

6th – 12th February

Children's Mental Health Week

<https://literacytrust.org.uk/primary/literacy-wellbeing/>

2nd March

World Book Day

<https://literacytrust.org.uk/about-us/world-book-day-national-literacy-trust/>

Spotlight on Cressida Cowell

[Cressida Cowell](#) is the author and illustrator of the bestselling *How to Train Your Dragon* series and the *Wizards of Once* series. She was Children's Laureate from 2019 – 2022. She was instrumental in launching the Life-changing Libraries scheme in primary schools across the UK. This scheme aims to ensure that all primary schools have a library at the centre of their school.

Bredon Hill Academy Reading Newsletter Spring Term 1

Book Reviews: Children's Mental Health Week

The Awesome Power of Sleep Reading Age 12+

by Nicola Morgan



This informative non-fiction book looks at the science of sleep and explores the crucial role it plays in the physical and mental health of teenagers.

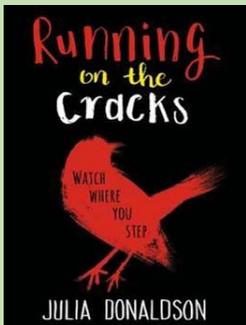
The early chapters focus on a range of scientific studies, investigating what happens to the brain during different stages of sleep, how sleep – or lack of it – affects learning and concentration, and the impact of diet and exercise on sleep. The latter part of the book provides strategies to deal with a variety of sleep issues, including difficulty getting to sleep, waking up in the night and managing bad dreams.

There are quizzes to help readers evaluate their own sleep experience, along with suggestions to monitor this, for instance, keeping a sleep diary. The concept of good sleep hygiene is discussed, which involves eliminating negative factors (such as screens or excessive noise) and establishing positive practices (for example, reading a book or meditation), as well as developing a relaxing bedtime routine.

The clear layout, accessible style and excellent balance of scientific research and practical advice makes this an invaluable book for any teenager who is experiencing sleep problems.

Running on the Cracks Reading Age 11+

By Julia Donaldson



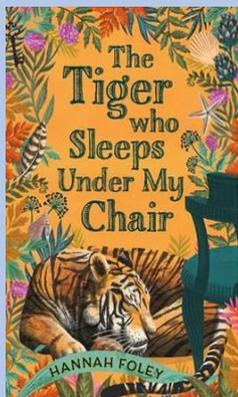
Julia Donaldson's first novel for young adults is a tense thriller about a runaway. Donaldson addresses numerous issues in her gripping text, including abuse, mental health, family relationships and responsibilities, mixed-race families and, above all, loyalty.

When Leo's parents are killed in a plane crash, she goes to live with her mother's English relatives. Abused by her uncle, she flees to find her Scottish-Chinese grandparents, although she knows that they had been estranged from her family.

In her search she faces great danger, but finds support from unlikely sources and ultimately finds both her family and her future. Donaldson's style engages immediately and through her characters she raises many questions about our attitudes to those perceived as "different".

The Tiger Who Sleeps Under My Chair Reading Age 9-12

By Hannah Foley



This intriguing, powerful story for older readers follows two timelines - in Victorian England, young Emma Linden, who dreams of following in the footsteps of her hero, fossil-hunter Mary Anning; and animal-lover Rosie Linden, her great, great granddaughter, who has a restless mind and an inexplicable need to protect those around her.

In 1884, Emma's brother James begins to suffer from poor mental health following an obsession with a taxidermy tiger in a museum. The children move to their grand family home in the countryside to rest - but at night, James roams the land alone and appears the following morning curled up and covered in dirt and leaves under Emma's chair.

Meanwhile, in 2023, Jude's dream of being a football star are dashed when he's dropped from the school team - but on the very same day he encounters Rosie, who has been missing for several days, and makes a decision which will affect the rest of their lives.

Can Rosie and Jude uncover the secrets of Emma and James all those years ago - and does tiger blood run in Rosie's veins, too?

Each of the two storylines sensitively explores mental health and the changing attitudes of the time - from the Victorian theories and limited treatment which saw many people treated badly, to our understanding and knowledge about conditions such as psychosis and epilepsy today.