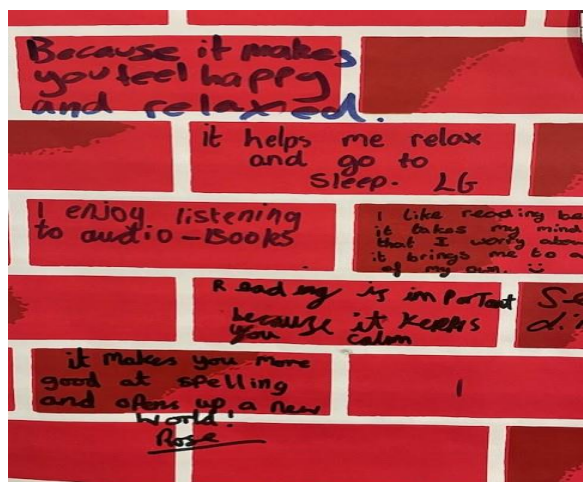


The power of just 6 minutes of reading



We celebrated Book Week in High School this week; the theme this year was 'Just 6 Minutes'. Research by the University of Sussex has found that just six minutes of reading each day can reduce stress levels by 68%. This powerful message alongside the abundant range of other benefits of reading (such as, improving spelling and vocabulary, developing writing style and empathy and simply enjoying the thrill of escaping to another place) has been explored and tested out through the week's activities in school.

The week began with an informative assembly by Mrs Carver outlining the advantages of reading to support learning across all subjects as well as building skills for life. WORD sessions within English lessons then took hold of the baton by testing our heart rates before and after reading or being read to; we have to report that most heart rates fell with two exceptions which we feel might have been due to the fact that the book being read was a little scary!

Pupils and staff were also invited to add comments to our writing wall revealing what they considered to be the benefits of reading along with reasons why they don't read. A common reason (for both pupils and staff) was not having enough time to read, to which we say "it's just 6 minutes!"

High School & Sixth Form

Activities continued in the library throughout each lunchtime to maintain pupils' excitement, including guest readers. A special thank you goes to Sienna C in Lower 6 who read with such enthusiasm to our younger High School pupils. Mrs Font lead two busy workshops crafting beautiful flowers from the pages of old books, as well as a creative writing session to enthuse budding writers and support the creative writing element of the English GCSE syllabus. Our final activity of a busy week was a workshop to design a new image for the annual national book token competition.

Look out for more exciting details of the Prep School's celebrations for World Book Day which takes place on Thursday 7 March.

If you feel you need inspiration to find *your* 6 minutes to read more, browse these reading websites for find your perfect book for yourself and your children :

Love Reading (mainly for 16+ and adults) <https://www.lovereadng.co.uk/>

Love Reading 4 Kids <https://www.lovereadng4kids.co.uk/>

Books for Keeps <https://booksforkeeps.co.uk/>

Book Trust <https://www.booktrust.org.uk/>

Please contact me in school if you wish to discuss books and reading further.

Mrs Marlene Sharrock