



BOOK BOX BITES

May Newsletter: Vol 9

April showers ~ May flowers... and Bank Holidays!

Hi lovely bookworms ~ hope you have some lovely plans for the long weekend both this week and next.

Where did April go? Apologies this newsletter is so late! Despite the Easter Holiday, it seems to have flown by!

I'm aware that May is a super busy month for schools too. It's also Mental Health Awareness Week so do take some time to look after yourself. Did you know that reading for pleasure is proven to lower levels of stress and anxiety? Just check out the incredible statistic below.

There's lots of book round ups in this issue as well as library tips and resource links.

Do pop this up in your staff room ~ teacher expertise is one of the keys to creating life long readers.

Esther x

Useful Dates coming up

1st May ~ Children's Book Week

6th May ~ The Coronation of King Charles III

9th May ~ Foster Care Fortnight

15th May ~ Mental Health Awareness Week

28th May ~ World Hunger Day

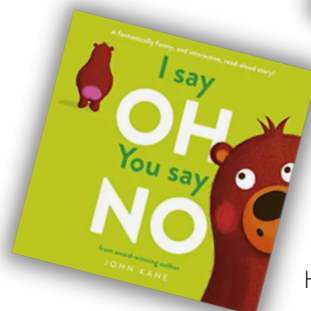
28th May ~ Children's Gardening Week



A 2009 study at the University of Sussex found that reading can reduce stress by up to 68%.

It works better and faster than other relaxation methods, such as listening to music, eating chocolate or drinking a hot cup of tea.

Some favourites from my recent read alouds...



How often do you read non-fiction aloud?
It's something I'm definitely trying to do more often.



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Mental Health Matters

We all know that when children are happy and feel safe, they are best able to learn. But how can reading for pleasure help with this? These statistics taken from research by Billington J (2015) and Boyes et al (2016) show how reading for pleasure is intrinsically linked to our mental health.

- An online poll of over four thousand people from a representative sample in the UK revealed that regular readers for pleasure reported fewer feelings of stress and depression than non-readers, and stronger feelings of relaxation from reading than from watching television or engaging with technology intensive activities. 28
- Studies have shown that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure was also associated with better sleeping patterns.

And on the flip side:

- Children with reading difficulties are at greater risk of developing mental health problems later in life, including depression, anxiety, behavioural problems, anger and aggression.



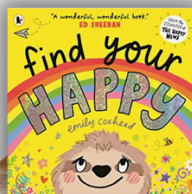
Check out
'The Emotions Collection' for book based resources linked to mental health and emotional literacy.

THERE'S A
RESOURCE
FREEBIE FOR
THIS ONE
HERE

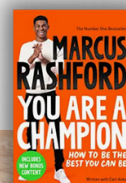
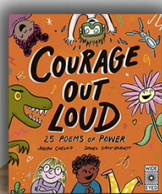
BOOKS THAT
TACKLE THE
THEME OF
ANXIETY



BOOKS ABOUT
A RANGE OF
FEELINGS



POETRY



KS2 ~ EXPLORING THE
SELF, THE WAY THE
MIND WORKS AND THE
NEED TO LOOK AFTER
YOUR MIND.



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A MONTH FULL OF IMPORTANT DATES AND BOOKS TO MATCH

THE CORONATION



If you're after some book based Coronation resources then take a look here.

FOSTERING



Although I have books that show adoptive families, I don't have any featuring foster families beyond Jacqueline Wilson. These picture books I have included on the recommendation of other experts.

GARDENING



HUNGER ~ FOOD POVERTY





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LIBRARY TIP ~ INCLUDE AUDIO BOOKS

There are so many benefits to offering audio as part of children's reading repertoire. Listening to audio books IS READING.

Here's some of the benefits. Listening to audio books can:

- Increase reading accuracy by up to 52%
- Increase reading speed and fluency
- Expose children to vocabulary, expanding their repertoire and teaching/improving pronunciation
- Improve comprehension
- Allow children to listen to books beyond their current reading level.



Other audio you might consider:
Tonies
Yoto
Audible
Borrowbox – free with your local library card
Vooks

There are many audio players out there for children, but we have chosen a **Voxblock** player for the school library.

Here's why:

- ~ They don't need the internet to work.
- ~ There's a great selection of books from picture books right up to MG
 - ~ The little books look fab!
 - ~ They have a 'schools#' package

If you like the look of them, you can **use code MRSBROWN** at the checkout for a 5% discount. [Affiliate link]

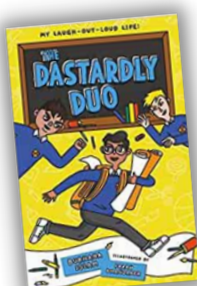
I've got a May mini series coming over on Instagram with library tips all this month.

SUPER SERIES

Knights Of are a super publishing house that concentrate on publishing authentic voices.

If you are looking to increase representation on your shelves and want recommendations for those children who love Wimpy Kid, then I highly recommend this superb, laugh out loud series.

There is a full review on my Instagram @mrsbrownbookbox



SELF PUBLISHED CORNER

Using local, self published authors can be a great way to get authors into school.

This month we meet London based author, Charlotte Chaplin, who has written the Migrating Millimunger ~ a story with an important message about kindness and acceptance.



There are also colouring and activity sheets on her website

