



# BOOK BOX BITES

September Newsletter: Vol 2

Welcome to the second edition of **Book Box Bites** ~ the September edition ~ which has a distinctly **autumnal** feel. Firstly, a huge thank you from me for all the positive feedback I've received from you. I really appreciate your support and am so glad the content and resources are useful to you. September for me always feels a bit like a 'new year' moment and this one had a busy start here at Book Box HQ. I started at a new school and my little boy started in Reception last week. I hope back to school went ok for you and your families too.

I love Autumn ~ I'm ready for boots, cosy jumpers, lighting the log burner and drinking hot chocolate after conker hunting. And of course, snuggling up with a good book on dark evenings.

I hope you enjoy dipping into this edition of the newsletter and find something useful to you here.  
Esther x

## Useful Dates coming up

3rd Oct - World Space Week  
3rd October - Libraries Week  
10th October - World Mental Health Day  
October - Black History Month



*'Reading for pleasure enhances empathy, understanding of the self, and the ability to understand one's own and others' identities.'* Billington (2015)

## Reading research ~ Billington 2015

### Reading Between the Lines: The Benefits of Reading for Pleasure

I am passionate about using books to support pupil wellbeing and emotional literacy. They are a hugely important and powerful tool for this. I have seen this first hand in the classroom ~ the calm box books well used both by me for whole class moments of need or by individuals who pinpointed what they needed, whether that be feeling less alone in their anxiety or a book that mirrored their feelings on losing a beloved pet.

Some of this is the power of books as windows and mirrors, but research shows that simply reading for pleasure can have a hugely positive impact on wellbeing for both children and adults.

A 2015 study by Billington demonstrated the emotional, social and psychological benefits to reading for 30 minutes or more per week for pleasure. Regular readers reported a number of benefits including:

- fewer feelings of stress and depression than non-readers,
- stronger feelings of relaxation,
- higher levels of self-esteem,
- greater ability to cope with difficult situations,
- greater understanding and empathy with others

**Children learn better when they are calm, relaxed and comfortable so reading for pleasure absolutely has a place in the curriculum ~ the research says so!**



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AUGUST NEWSLETTER: VOL 1

## AUTUMNAL READS FOR THE CHANGING SEASON



BOOKS THAT SHOW SEASONAL CHANGE ~ GREAT FOR KS1



HALLOWEEN PICTURE BOOKS



MIDDLE GRADE HALLOWEEN READS

MIDDLE GRADE WITH AN AUTUMN FEEL

RESEARCH SHOWS THAT WHEN CHILDREN CHOOSE WHAT YOU READ TOGETHER, THEY ARE MORE ENGAGED AND COMPREHEND TWICE AS MUCH AS WHEN AN ADULT SELECTS THE READING MATERIAL (MCBRIDE 2017 & GUTHRIE+HEMRICK 2004)

## READING FOR PLEASURE TIP

Who chooses your class reader?

- Offer the class a selection of 3 books
- Spend the first session reading the blurb and a short passage ~ my class preferred a section from the middle of the book where the action was, rather than the opening which they deemed 'the same' in many books with setting and character introduction
- Allow them time to mull over the choices and then have a vote and give the two not chosen as independent reading choices in the library.





# AUTUMN TERM - BOOK BINGO

Can you read....?

A book  
with an  
autumnal  
cover

A book that  
helps you  
learn about  
Black  
History

A story  
set in  
autumn

An  
information  
book

A magical  
story or fairy  
folk tale

A book that  
makes you  
feel cosy

An  
autumnal  
poem

A spooky  
story

A recipe  
and create  
a seasonal  
treat

Things to think about...

Which text type did you enjoy  
the most? Why was this?

Did any text types surprise  
you?

Could you learn part of the  
poem you chose by heart?

