



At TDIS, we are passionate about promoting reading for pleasure. Recent studies have shown the immense benefits of reading for pleasure, especially for young minds. The National Literacy Trust discovered that children who enjoy reading have a much higher reading age than their peers who do not read for enjoyment, with some age groups seeing a difference of up to 14 months. Encouraging a love of reading not only helps children academically, but also fosters creativity, empathy, and a lifelong passion for learning.



### Why Read for pleasure?

#### Physical activity helps...

- Grow brain connections
- Blood and oxygen flow
- Mood, mental health, self-esteem
- Reduce stress
- Sleep patterns
- Strengthen/process recent learning

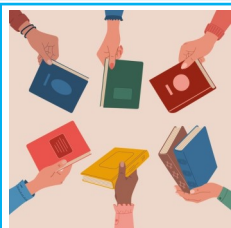


#### but did you know, reading helps...

- Grow brain connections
- Blood and oxygen flow
- Mood, mental health, self-esteem
- Reduce stress
- Sleep patterns
- Strengthen/process recent learning
- Memory, vocabulary and knowledge
- Grow empathy and social skills

### 4 steps for reading motivation :

- Have the right book - take time to choose one of interest
- Create time and make it a habit - think about when is the best time to read
- Understand the benefits - it can make you relax, laugh, escape etc.
- Acknowledge how reading makes you feel - remember to talk about books



### Book recommendations

Do you have a favourite book or author who you enjoy to share at home? If so, we would love to hear about it as we are always on the look out for new books to add to our library stock. Recommend a book, and if we buy it to have in school, your name will be added inside the front cover!

### Book fair

A huge thank you to our families that purchased books during our recent book fair. It was lovely to see children excited about the books on offer. As a result of our book sales, we have been able to purchase additional books for our school library.

