

MENTAL HEALTH AND READING

Studies have shown that reading as little as 6 minutes per day can improve quality of sleep, reduce stress, and sharpen mental acuity.

## This month's year group focus:

## Year 3

Children have been reading the poem 'My Shadow' by R.L.Stevenson as part of their Whole Class Reading lessons.

They have been reading the poem aloud as well as performing it!
They have been developing their vocabulary skills in these lessons. One child said, "I talk to my partner about what a word might mean and we share ideas. In this poem I have found out that the word 'notion' means an idea."


Meet Vocabulary Victor - the dog who helps us learn how to work out the meaning of new or unknown words.


Don't forget! Parents or older children can log their daily reading homework on Go Read.

If you need log in details - ask your child's teacher.

## Accelerated Reader in KS2

In school, every half term your child takes a reading age test which provides them with a reading age and a ZPD range (a range of books they can choose from to match their reading ability). When they have finished their book, they can take a quiz within 24 hours to assess their comprehension of the book by visiting
https://ukhosted42.renlearn.co.uk/2249883/

Quizzes can be taken at home on laptops or tablets until 6pm each night! Please encourage your child to do so - if log in details are needed ask the class teacher for a print out and they will be happy to help.

## Try a timed reading game

Strong readers don’t just read well.
They read quickly, too. To give your child practice:

1. Pick a page in a book he can read easily.
2. Give him one minute to read it.
3. Count the number of words he read.
4. Try again in a few days and see if he can beat his previous number.
