What should I do if I don't know where to start?

Ask for help! Talk to a teacher, parent, bookseller, librarian or keen reader and they will be able to point you in the right direction.

Even just 10 minutes a day will make a difference!

26.2%

of children said they read less than once per month

(National Literacy Trust, 2018)

What is Literacy and why is it important?

Literacy is communication. It's the ability to read write, speak and listen in a way that allows you to communicate effectively and make sense of the world. In short it is vital to helping you succeed!

The EEF (2019) suggest that "young people who leave school without good literacy skills are held back at every stage of life" whilst Sullivan and Brown (2015) found that children who read regularly at 10 and more than once a week at 16 scored better in vocabulary, maths and spelling at the end of secondary education.

2%

of children have the literacy skills needed to tell if a news story is real or false

(APPG, 2018)

2/5

young people read fiction outside of lessons

What can you to improve your Literacy?

The most obvious answer is read. Read widely. Read critically.
Try to challenge yourself with different kinds of texts and you may be pleasantly surprised by what you enjoy and learn.

Reading Lists

Check your reading lists on Teams. What are you reading? There are linked texts for every unit in English.
We want to reward our best readers so make sure you teachers know what you are reading.

Reading for Pleasure

I read for pleasure and that is the moment I learn the most.
- Margaret Atwood

Why is reading so important?

As parents and students you will have heard teachers talk about the benefits of reading but have you ever thought about all the positive things reading can bring to your life? Whether you love to disappear inside books of fantasy and adventure or you prefer non-fiction accounts of real life events – there is a book out there for you! Reading is important because it helps you grow mentally, emotionally and psychologically; every book gives you an opportunity to learn new things and explore new ideas. Reading books increases your knowledge and makes you smarter. However, the importance of reading is not limited to just these benefits. You will be amazed to know how beneficial reading books can be.

Reading Improves Concentration and Focus

Books are not written in a day. For an author, it takes a lot of hard work, understanding, experience and knowledge to come up with a single book. We are lucky because, as readers, we get to read them in just weeks or days thereby living years of experiences in considerably less time! The Internet has revolutionized our world, but there is a huge drawback too. For many of us, a large part of our day is spent surfing, chatting, watching videos and looking at memes online. No wonder people are growing more impatient and losing focus. However, reading books is one of those constructive habits that actually help us improve our power of concentration. It helps us train our brains to focus our attention and live in the present.

Reading Improves Your Mental Health

Books are full of emotions. Sometimes they will make you cry with every turning page and sometimes they will just keep you smiling. It can fill you with anger when the antagonist of the story succeeds in their evil plan, but again it can give you immense pleasure to see your hero achieving their goal. Books can make us feel happy, sad, jealous, loved, betrayed and so on! Books are thus an amalgamation of different mixed emotions that ultimately help us grow emotionally.

It expands your knowledge and makes you smarter

Books are a rich source of information. With every book you read, you get to learn new things. The more you read, the more you know about different people, their behaviour and experiences, different places, different cultures and facts that otherwise you would not have known. Reading books adds depth to your knowledge base and with your increasing knowledge, you become capable of making better decisions and choices in life. You become aware of your surroundings and tend to have a more open mind. With so many new things learned, people who read, obviously tend to be smarter than people who don't!

Broadens your Imagination and enhances your creativity

"It was a bright cold day on April, and the clocks were striking thirteen". This is the famous opening line of the novel 1984 by George Orwell. How do you interpret this line? In reality, we hardly experience conditions like this. A standard striking clock strikes a maximum twelve times. Similarly, we rarely have a day both bright and cold simultaneously. However, George Orwell tries to paint the gloomy yet hopeful condition of life by some imaginative references – but the interpretation can vary from person to person. This is the beauty of books. It makes you imagine things beyond possibility – things that would not come to your mind normally. Books give you a lot to think about and different creative characters, plots, and approaches trigger your creativity as well. You become both creative and imaginative!

It makes you more empathic
Another reason why reading is important is because it makes you empathic. Being empathic means being able to understand and share the feelings of others. Books connect you with their characters and plots. You yourself become a part of the book and feel what the characters are supposed to feel. You understand their pain and grievances. Books also make you feel connected with the authors. You are constantly in some sort of conversation with the book. When you are attentive to reading books, you are actually listening to what the book has to say to you. This makes you a good listener. So reading books develops empathy and thus helps you to understand what others feel under different circumstances.

Reduces stress and helps you sleep better

Reading is one of the best ways to relax your mind. According to research carried out by the University of Sussex reading for even six minutes can reduce your stress levels by as high as 68 percent! Psychologists believe that this is probably because when we are lost in a book, our mind is focused on reading and that little distraction from the real world and our problems into a literary world eases tension in our muscles and heart. So, the ultimate way of relaxing your mind is by losing yourself in a book! Read more and you will realise that your stress level becomes significantly lower with time. Reading has a positive impact on another important aspect of our life – a good night sleep! Reading books calms your mind and helps you sleep better.