

READ LIKE US

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DRIFFIELD
SCHOOL
& SIXTH FORM



SPOTLIGHT ON:

**READING TO
SUPPORT
MENTAL HEALTH
THE BENEFITS OF
READING**

**WHAT WE ARE
READING IN
SCHOOL**

Welcome to our termly update to celebrate everything literacy both in and outside of Driffield School.

With the cosy season very much upon us, this issue showcases a range of book recommendations to enjoy, courtesy of some of our students. We've also included details of how you can access books for free, making use of both our school facilities and local libraries.

Reading to Support Mental Health



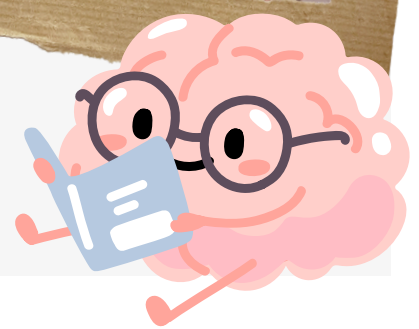
Each term we dedicate a week to celebrating reading at Driffield School & Sixth Form. This year, these will focus on exploring the different reasons to read outside of school, starting with reading to support mental health and wellbeing.

As part of this, students have had assemblies where they learnt about the benefits of reading for escapism and how this can help us switch off and relax from the real world. Tied in with this was a video of Marcus Rashford, where he explained how reading has helped him cope with the pressures of being a professional footballer.

In form-time, students took part in a quiz where they guessed which members of staff (see below: spoiler, may involve English teachers) were reading whilst relaxing on their holidays. They also then took a look at how the process of reading impacts our brains and how this shows us that reading is relaxing.

Across selected lessons, students have also been given the opportunity to have a brief break from their learning to either discuss the importance of reading to support mental health or to spend some time reading. Students in KS3 also visit our library (LRC) once a fortnight in an English lesson to read and take out books.

In this newsletter, we want to share why the benefits of reading go far beyond the classroom, including opinion pieces from our own wonderful students, whilst sharing what students have been reading at school too. We'll also share some book recommendations, all accessible from the LRC, to really help students ensure that the book they carry in their schoolbag is something they will love.



The Benefits of Reading – what the adults say:



MARCUS RASHFORDT
(FOOTBALLER & ACTIVIST)

“Reading allows a means of escape...I only started reading at seventeen, and it completely changed my outlook and mentality. I just wish I was offered the opportunity to really engage with reading more as a child, but books were never a thing we could budget for as a family when we needed to put food on the table.”

“

When I look back, I am so impressed again with the life-giving power of literature. If I were a young person today, trying to gain a sense of myself in the world, I would do that again by reading, just as I did when I was young.

”



MAYA ANGELOU
(AUTHOR & ACTIVIST)



CAITLIN MORAN
(JOURNALIST)

“

As for my own mental health, I discovered years ago that, in times in my life when I have felt most stressed, while there may be any number of external factors, these are aggravated if it's been too long since I last read a good book.

”

“

Reading is escape, and the opposite of escape; it's a way to make contact with reality after a day of making things up, and it's a way of making contact with someone else's imagination after a day that's all too real.

”



NORA EPHRON
(JOURNALIST)



LOUISA MAY ALCOTT
(AUTHOR)

“

Some books are so familiar that reading them is like being home again.

”

The Benefits of Reading – what our students say:

Emily Garrick (Year 7):

I like reading because when I want to get away from real life I can get a book for myself and read. When I read a book I am taken away and I am part of the story. At the moment I am reading *Why the Whales Came* by Michael Morpurgo. I like this book because it has mystery. It involves a mysterious man who is isolated from everyone in the community and everyone is scared of him and is told to keep their distance. This is why I like reading.

Rowan Hartley (Year 12):

A lot of people think reading is only good for academic improvement, but it's actually an everyday skill that I think is needed in life. Reading outside of school can help you feel more connected to the world around you. By linking characters to the world around us, we can improve our emotional understanding of others' feelings, thoughts and actions, as well as our own. Reading fiction can help you reflect and relax as it takes you to another world completely. This benefits your mental stability by giving your brain a break from reality, allowing it to wander freely into an imagination powered by the words of the author.

Wilbr Stockton (Year 13):

People choose to read for many different reasons. Some may read happier books, looking for a fantastical world or a slice-of-life to fill their yearning for a reliable and comfortable read. Some choose a sadder and more pessimistic type of book – maybe out of a sense of *schadenfreude*, happy that at least it's not them, or maybe because they're looking for a reason to cry and feel that catharsis that English teachers like to talk about with tragedies. Some want to see horrifying situations play out, some stay far away. It always varies with each person you meet, landing somewhere between the extremes. Even within these extremes, there is a range of books you can see and nothing is quite like the other.

When I was younger, I know I used to read fantasy books like *'Percy Jackson'* by Rick Riordan or the *'Hunger Games'* by Suzanne Collins.

They're not often considered as 'professional' by some people but to younger me? They meant the world. It wasn't exactly easy for me growing up and I found a connection with these protagonists being put in a dangerous world and making it out of the other side, safer or at least more confident in themselves. I now know the word for this: escapism. I'm far from the only person to have done this and, when discussing childhood book series, I find other people read for a similar reason. They tell me of how they imagined themselves as completely different in some cases, or as happier, or with wings, or with powers, or as a little bit braver. Even if we think we've grown out of this phase, I believe we never really grow out of this escapism and fantasy. We might watch movies, shows or read more 'mature' books but there's still that yearning people feel. It is a need for creation, a feeling of wanting to experience something new and different or maybe explore something you don't want to in real life – and in these stories – there's no limit.

Nowadays, I read those more 'mature' books, like the short horror stories *'The Lottery'* by Shirley Jackson or *'The Yellow Wallpaper'* by Charlotte Gilman. They have more themes that I have begun to understand, though I know that as I grow I will revisit these later and realise things that I didn't the first time I read them. This is because experience plays a huge part in how we process and understand books – without knowing the grief people can face with the death of a loved one, someone might not be able to truly sympathise with the heartbroken emptiness a character may face. Once we have experienced these events, good or bad, we can work out our own feelings through a character we feel this connection with. I've spoken to people and heard tales about how, after reading a book, they felt better or understood what they themselves were feeling more. It's not just reading and letting the words wash over you, as one may have done when they were younger – it's now being able to really feel what the character is feeling. You can learn a lot from tales other people have created because usually those creations come from experiences they've had.

In real life, people might not have a monster under the bed or real skeletons in the closet but they might be facing things they've never had to before. By reading these books, they can briefly leave the reality they're in and escape from their worries for a short time. Maybe it will give them advice or maybe it's just something that will help untangle their emotions for a bit. Either way, reading is a vital part to life and I personally could not imagine how I would have managed through my younger years without it.

What we are reading in school:

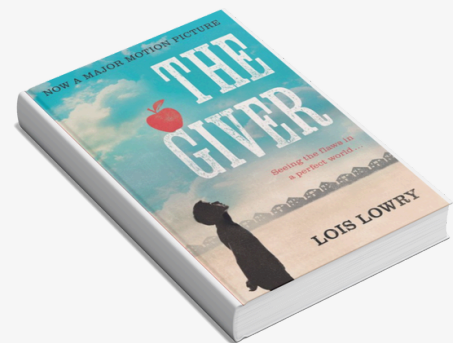


Form Time:

Every Thursday, form time focuses on literacy with students spending their form time reading together as a class and practising their key reading skills. We're looking at a great text (*The Boxer* by Nikesh Shukla) to help students become more confident readers. Each week, led by their form tutor, students will complete a sequence of brief but meaningful tasks, each focused on one of the key skills of reading: clarifying key-words, summarising what they have read, making predictions about the text, and considering what questions they are asking as great readers.

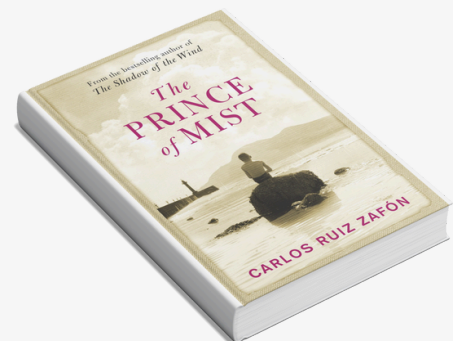
Year 7:

Our wonderful Year 7s are currently reading *The Giver*, which is a fantastic dystopian novel by the author Lois Lowry. Set in the ominously titled Community, it gives students a great chance to consider the often-blurred lines between utopia/dystopia, rules/control, and protection/mollycoddling. A great book to discuss!



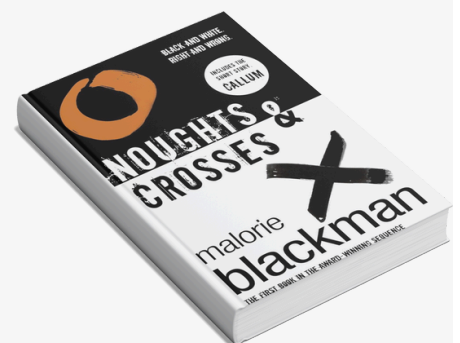
Year 8:

Linking nicely with the Flamborough Head trip, our Year 8s are currently reading *Prince of Mist* by Carlos Ruiz Zafón. A fantastical horror story set on the coast, *Prince of Mist* keeps readers guessing and engaged until the very end.



Year 9:

Inspired by Malorie Blackman's iconic novel, students in Year 9 are currently enjoying the play version of *Noughts and Crosses*. A dystopian world defined by race, it is a provocative text which asks its audiences to consider a completely different take on history, and put ourselves in the shoes of the oppressed.



Year 10/Year 11:

Year 10 and Year 11 are currently being introduced to two wonderful GCSE texts. Year 10 are studying the classic *A Christmas Carol*, whilst Year 11 are enjoying the ever popular *An Inspector Calls*. Both ask questions of social justice in completely different contexts, with memorable stories and characters galore.



Accessing Free Books

Accessing books and ebooks via our school and local libraries is a great way of reading for free - perfect if you like to start reading a book before you choose to read the whole thing! Help on accessing these resources can be seen here:

East Riding Libraries:

Students that are 16 and over can register online here [Home \(eastridinglibraries.co.uk\)](http://Home(eastridinglibraries.co.uk)) Once registered they'll need to visit a local library within 31 days where our library team will exchange their temporary library card number over to a physical card. Anyone under 16 will need to sign up at their local library and will need a parent or guardian to sign a guarantor form too. Full information regarding signing up can be found on the above link.

Once signed up they'll have access to any services offered by the library branches as well as online services such as eBooks, eAudiobooks, eNewspapers and eMagazine. We also host a number of events for all ages.

Accessing our Driffield School & Sixth Form eBooks:

Access the site at www.vlebooks.com

Organisation name: Driffield

The username is your school username (for example: 18_52145)

Password: Driffield1

If you would like to borrow books over the summer break, please see a member of the library team to arrange this.



LIBRARY

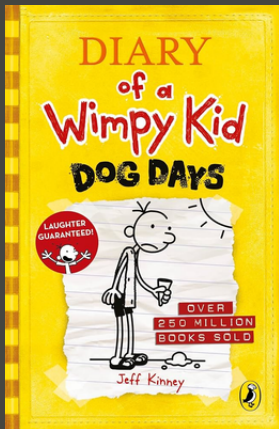


KS3 RECOMMENDED READING:

DREAD WOOD - JENNIFER KILLICK

I recommend reading the book Dread Wood. It's about four children who go to a detention at school on a Saturday, but instead of a normal detention they end up escaping pitch black rooms full of reptiles, hiding from the creepy caretaker and his wife and fighting oversize spiders underground. This book is good for people who aren't scream-ish and love adventure/thriller stories.

AMELIE S.



DIARY OF A WIMPY KID: DOG DAYS - JEFF KINNEY

Diary of a Wimpy Kid: Dog Days is one that you can just casually read. It's not an exceedingly long one, like all the others in the series. This means that you can pick it up at any point during your day, week, month or whatever and delve into it. It has elements of comedy and relatability for young teenagers. It's a diary-like book so it's just going day to day of the protagonist. It's an easy read for anyone.

ANDREW W.

THE LAND OF ROAR (SERIES) - JENNY MCLACHLAN

In the Roar series you will meet dragons, unicorns, mermaids and more. The writing is exciting and full of imagination and it is beautifully illustrated by Ben Mantle. There are three books in the series and they each take you on an adventure in The Land of Roar. If you enjoy reading books about fantasy and adventure, then this is the book for you. I would definitely recommend this book for people who want to expand their ideas and imaginations even further. As the Roar motto says: "Believing is just the Beginning".

FELIX H.



THE HUNGER GAMES - SUZANNE COLLINS

An amazing series, set in the future, about a 16 year-old girl named Katniss Everdeen, who volunteered for her sister in the 74th annual hunger games in a world called Panem. One girl and one boy from each of the twelve districts are picked to fight to the death in a deadly game for the entertainment of Panem's capital.

It is a teenage fiction, dystopian novel (perfect for teenagers who want to get into reading), and if you enjoy the first book in this series, don't fret as there are three more books in this series, including a prequel.

MATILDA W.

KS3 RECOMMENDED READING:

ERAGON - CHRISTOPHER PAOLINI

This is a fantasy book about a fifteen-year-old boy who is out hunting deer so he can feed his family. However, when he is about to catch a deer, an explosion rips through the air and a strange blue stone is at the center of the crater. He realizes this is no ordinary stone after it hatches into a young blue dragon, with scales like sapphire. He is quickly thrust into an exciting world of elves, dwarves, dragons and epic rebellions, and he only has a small amount of time to decide who he is going to fight for. I find this series so entertaining as I like both the genre and the style of writing.

JACOB F.



ORION LOST - ALASTAIR CHISHOLM

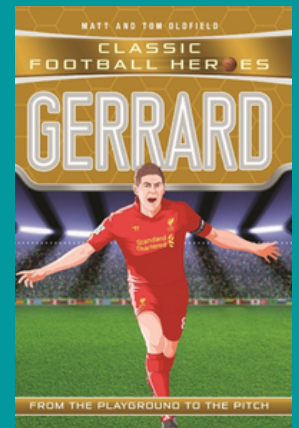
Orion Lost by Alastair Chisholm is a book for Action and Sci-Fi enthusiasts. It is about a few teenagers going to space millions of miles away. But their parents fall into emergency sleep and can't wake up. It is up to the kids to get everyone to safety and wake up the adults. It is a good book because it has a lot of climax and action. I highly recommend this book, especially to people who are into Science Fiction and books with a lot of action.

ADRIAN G.

GERRARD - MATT & TOM OLDFIELD

This book is very interesting and informative on the back story of a legendary player. This book gives you an insight into what it is like to grow up and become a footballer. I would recommend this book to anyone who would like to discover how Gerrard became a professional football player and his life. This book is part of a series of books called ultimate football heroes and, in the series, they cover most world class footballers. The series will probably have most of your favourite footballers in so you can learn about their life as a kid, backstory and journey to become a legend!

ISAAC T.



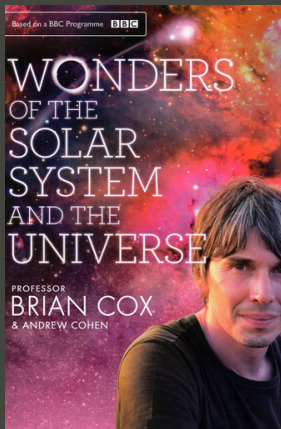
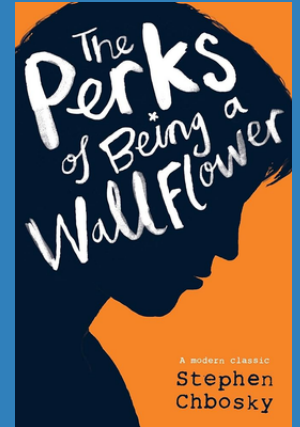
KS4 RECOMMENDED READING:

PERKS OF BEING A WALLFLOWER - STEPHEN CHBOSKY

Perks of Being a Wallflower starts with our main character - Charlie - starting high school and dealing with his memories, his older brother starting collage and his older sister closing off from him. As his classes start, he meets new friends and falls into the classic high school experience with new love, drama, parties and football games.

But then 'there comes a time to see what it looks like from the dance floor'.

CELIAD.



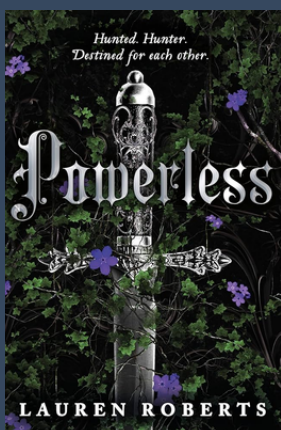
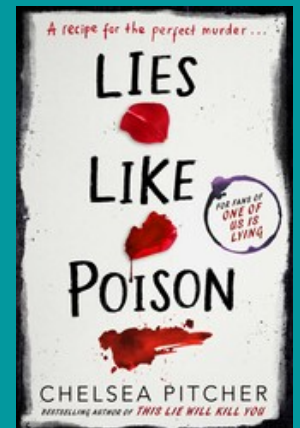
WONDERS OF THE SOLAR SYSTEM - BRIAN COX

Wonders of the Solar System is a non-fiction book for any of those who enjoy these types of books. It's all about space and our solar system and is quite interesting. It explains the fundamentals of the solar system with simple explanations that allow you to understand it with ease. It's written by the legendary Professor Brian Cox who is a professor of particle physics in the school of physics and astronomy at the University of Manchester and the Royal Society Professor for Public Engagement in Science.

LIES LIKE POISON - CHELSEA PITCHER

A fantasy-based book set in the modern world. Some of the themes are very relevant today; it addresses some dark themes, but also ones that people face in everyday life. It follows Poppy and Bella as they battle against each other after the death of their friend Raven's abusive stepmother. This book has regular references to fairy tales which keeps continuity in the story and also helps the reader to understand their situations. It is a nice read that holds a lot of tension with unexpected twists and I would recommend it to any readers who enjoy/enjoyed fairy stories as a child but want to try something more relevant today

YASMIN A.



POWERLESS - LAUREN ROBERTS

Powerless by Lauren Roberts is a thrilling young adult fantasy book with Hunger Games-style trials and a lovely romance. Paedyn Grey lives in a world where wielding superpowers is normal. Paedyn is an ordinary, meaning she has no power. She has to survive a world that will hunt her down if she is found powerless. This is Lauren Roberts' debut novel which I adored; I can't wait to see what else she releases.

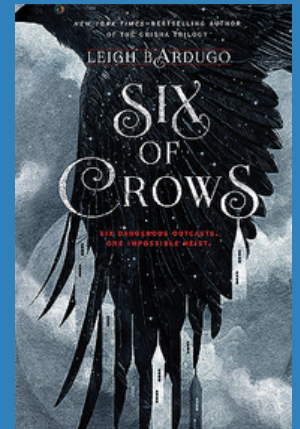
ELEANOR R.

KS4 RECOMMENDED READING:

SIX OF CROWS - LEIGH BARDUGO

Six of Crows by Leigh Bardugo is the story of six deadly outcasts going on one thrilling heist to break into the ice court, a building that has never been breached. The reward is a sum of money that goes beyond Kaz Brekker's wildest dreams. But can they pull it off? Or will they dwell in the rotten city of Ketterdam for the rest of their days? I loved this book and it had me hooked from the first page.

ELEANOR R.



JUST LIKE EVERYONE ELSE - SARAH HAGGER-HOLT

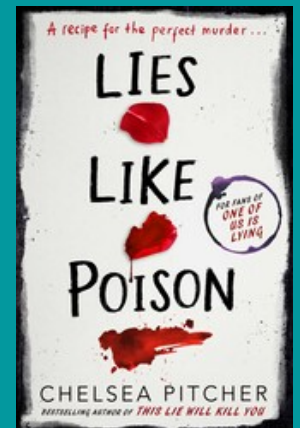
Just Like Everyone Else shows how 13-year-old Aiden feels trapped in his crowded family home with his 4 sisters and a baby on the way. But the baby is not theirs... It is a surrogate baby for a gay couple, Justin and Atif. The introduction to Justin and Atif makes Aiden question whether he is gay or not.

"The book does a wonderful job of showing the surrogacy process and showing how stressful questioning can be. It is a helpful book for anyone going through the topics raised in it."

ARE WE ALL LEMMINGS & SNOWFLAKES? - BY HOLLY BOURNE

Are We All Lemmings & Snowflakes? is a YA Fiction book with romance and drama. Set in Camp Reset, it follows Olive and her journey through understanding her mental health condition. It shows how nobody is perfect, and you can get through this, but it might take a little time.

"It helps to show real world problems but lightens the mood with some drama and intrigue. I found it to be a page turner and just wanted to find out more!"



DRACULA - BRAM STOKER

Recently, I've begun reading Dracula by Bram Stoker after hearing about how much of a timeless masterpiece it is. To my delight, it is enjoyable. The journal entries are written as if by actual people, with reminders to get recipes and other such details. There's a comedy to it when you know who Dracula is, as well as when the Texan cowboy is introduced, but Stoker is an expert at writing senses and environments that feel terrifying to experience. It's worth the read and will have you feeling a myriad of emotions, ranging from terror to laughter.

WILBR. S

KS5: