



Wellbeing Newsletter

MARCH: READING



Welcome to this month's Aldingbourne School Wellbeing newsletter. This month's theme is reading as it is National Reading Month, a time dedicated to celebrating the joys and benefits of reading. Established to honour the birthday of Dr. Seuss, this month-long celebration is an opportunity to encourage reading among children, teens, and adults alike. Reading is not just a fundamental skill—it opens doors to knowledge, creativity, and personal growth. Whether you're a student, educator, or parent, National Reading Month offers countless ways to engage with books and develop a lifelong love for reading.

The Benefits of Reading

Reading is more than just an academic skill; it enriches lives in multiple ways. Here are some key benefits of incorporating regular reading into your routine:

Cognitive Development – Reading strengthens the brain, improves memory, and enhances analytical skills. It engages the brain's neural pathways, making readers more adept at processing information.

Language and Vocabulary Expansion – Exposure to diverse texts broadens vocabulary and improves comprehension and writing skills. A rich vocabulary allows individuals to express themselves more clearly and confidently.

Improved Focus and Concentration—Reading requires sustained attention, which strengthens both focus and patience, essential qualities in the digital age.

Empathy and Emotional Intelligence – Stories introduce readers to different perspectives, cultures, and experiences, encouraging empathy and emotional understanding.

Stress Reduction – Reading is a great way to relax and unwind. Studies have shown that reading for just six minutes can lower stress levels by up to 68%.

Lifelong Learning – Whether it's fiction, history, science, or self-help, reading allows individuals to continuously learn and grow.

This is a great opportunity for EVERYONE to get in the reading raffle- remember the importance of reading and enjoy stories with your children. They grow up too quickly- take it from me.

Quote of the month

'Let's make reading a habit that lasts beyond National Reading Month and continues for a lifetime'

Book recommendations

Children: *The Boy Who Ate Books* by Oliver Jeffers

Adults: *The Book Thief* by Markus Zusak