

An illustration of a person with short dark hair, wearing a dark hoodie and pants, sitting on a windowsill and reading a book. The scene is warmly lit from the window, with many yellow and orange autumn leaves falling around them. A large pillow is visible to the right of the person.

Leaf
through a
Book

JUNIOR HIGH

AUTUMN READING

@WILMSLOW



Build a 20:20 habit this Autumn

At Wilmslow High School we want to focus on our reading.

We're calling this, '**We're all reading@wilmslow**' because we want to emphasise to all our students that:

All of us can improve our reading
Reading plays a vital part in our wellbeing

To help us in building our reading habits we are talking about 20:20:

20 minutes a day of reading for improvement
20 minutes a day of reading for wellbeing

We want our students of all ages to **ACTIVELY** move their reading forwards by choosing more challenging books to read, but we also want them to experience the wellbeing hit that comes with reading for pure enjoyment.



LIBRARY OPENING HOURS

MONDAY - THURSDAY

8.30am - 4.30pm

FRIDAY

8.30am - 4.00pm

WE'RE ALL READING @WILMSLOW

10 reasons

for students (or adults) of any age
to build a **20:20** habit

Better brain function

A safe space and stress reduction

Reading increases knowledge, and knowledge is power

A wider vocabulary helps self-expression

Better short-term and long-term memory

Stronger thinking skills: new neural networks. Greater creativity and imagination

Improved concentration and longer attention span

Better writing and communication skills

A calm space – unlike social media a book is under your control

Can be a free and healthy entertainment option

We really do believe that **20:20** could be a 'game changer' for our students so we do hope that you will support us in ensuring that... **'We're all reading@wilmslow'**



How you can support as a parent or carer

Building habits involves planning and preparation. Below are 5 habit-builders to support your child:

1. Build a 20:20 Habit

Set up a routine where reading is linked to another established habit such as just before or straight after eating in the evening. Having a regular habit will make it easy for students to adopt their **20:20** reading routine at home.

And, if you can, join in to develop a family **20:20** Habit

2. Create a reading space

Designate a special area in your home as a reading nook, such as a cosy corner with comfortable pillows and blankets. This can make reading feel like a special and relaxing activity. We do want to encourage our students to read from physical books where they can to reduce screen time.

3. Encourage self-progress tracking

Encourage your child to track their own reading progress using their 'We're all reading' bookmarks, and celebrate milestones together.

Make time to talk about the books that you are reading as part of your **20:20** habit.

4. Love your library and bookshops

Encourage your child to visit our school library and visit your local library and bookshops together. Libraries and bookshops offer a wide range of books and materials, fostering a love for reading. Get involved in reading events and competitions. See our 'We're All Reading' pages on Firefly for current competitions.

5. Allow choice

Allow your child to choose the books they want to read. Whether it's a graphic novel or a non-fiction book about their favourite animal, let them explore their interests and choose books they are excited about. Our Reading Menus are a great starting point. We've deliberately created the **20:20** concept to give our students a framework that allows reading for improvement, whilst also reading for wellbeing



Remember that a book could shape your life

Six strategies for choosing a good book for you

CHECK YOUR MOOD What type of book will work for you? Something to make you laugh, something which is familiar and safe or completely new, a book which is exciting, or something to help you learn new things?

CHOOSE Look at the front cover, read the blurb on the back, read the first few pages or random pages within the book. You can choose based on genre, author or book series

SUPPORT each other by recommending books to friends – you can share preferences by talking about them or writing short reviews to display in school.

ASK Your teacher, school librarian and other school staff will have had lots of experience of choosing books. Ask them what strategies they use, or if they'd recommend any books for you.

LOOK at how books are displayed in our school library. Learn how books have been organised so you can choose more easily based on genre.

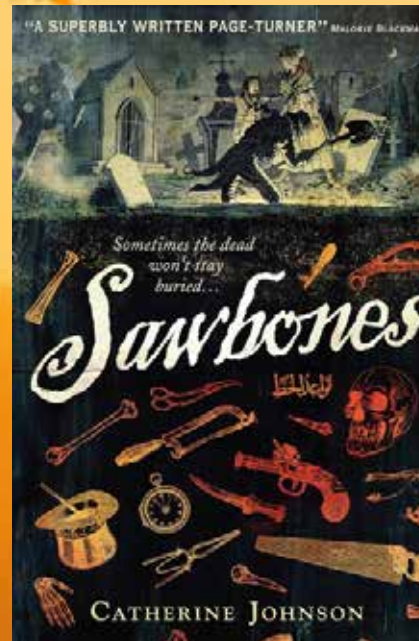
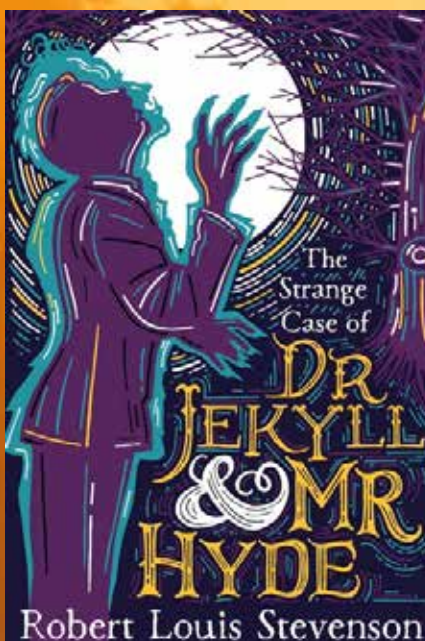
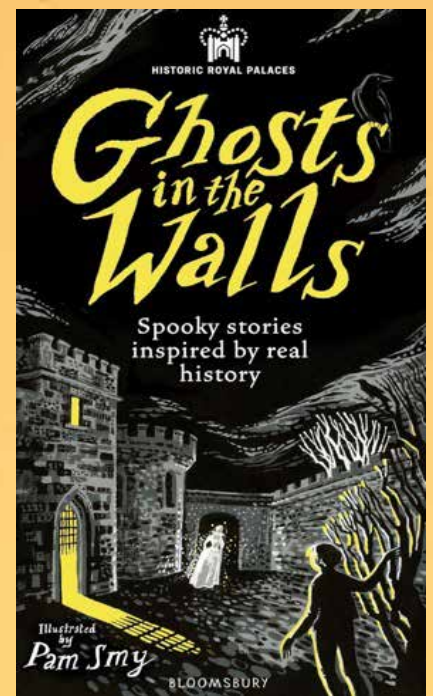
SWAP Even with good selection strategies, sometimes a book is just not right, and that's ok. Becoming an independent and more confident reader is about knowing when a book is not right for you. So, give it a go, don't give up too soon, but if you are just not enjoying it, choose something else – there's a better book out there for you!



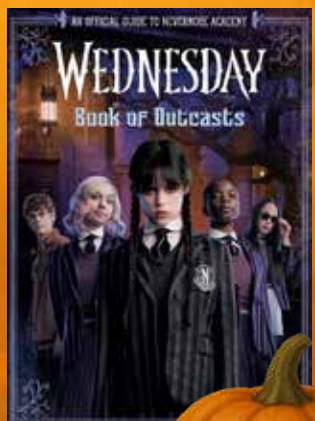
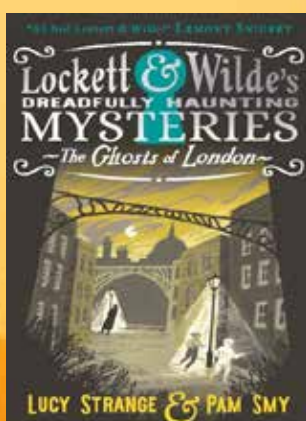
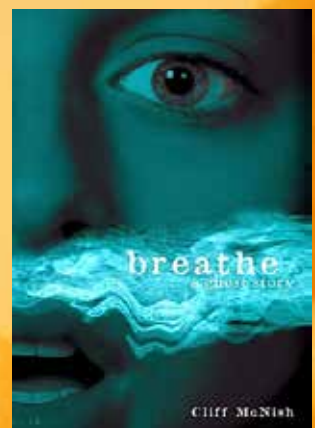
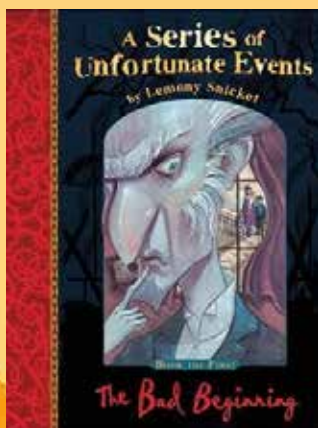
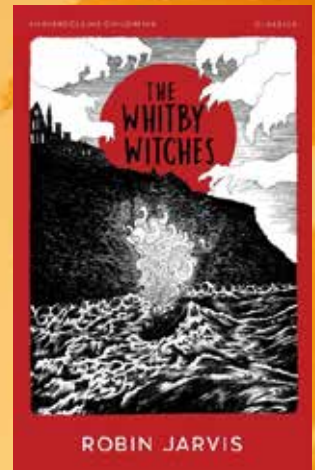
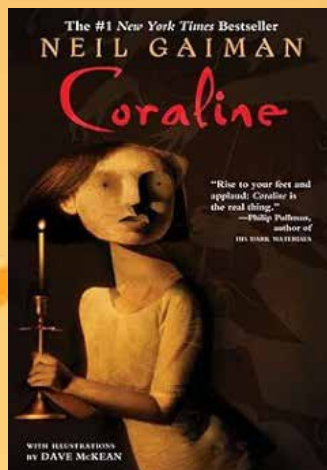
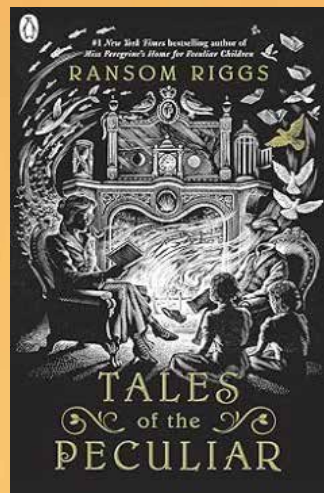
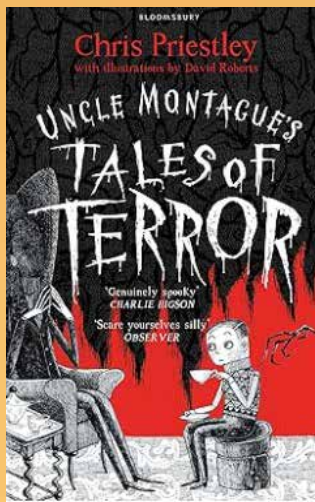
AUTUMN 2025

20:20 READING

FOR KEY STAGE 3

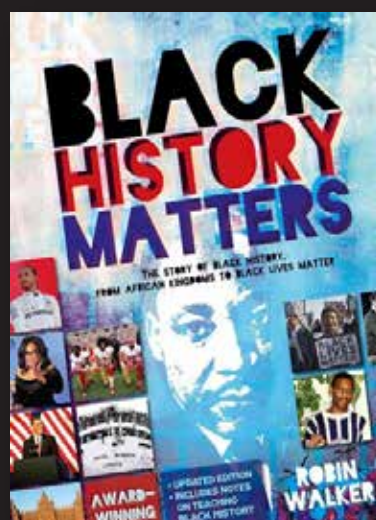
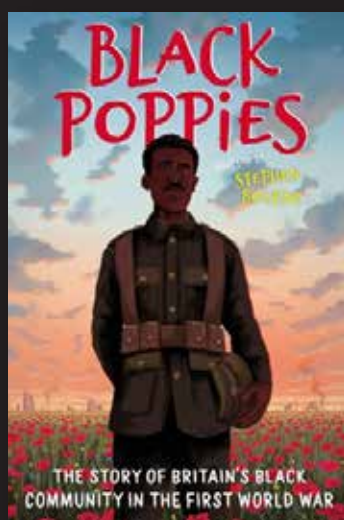
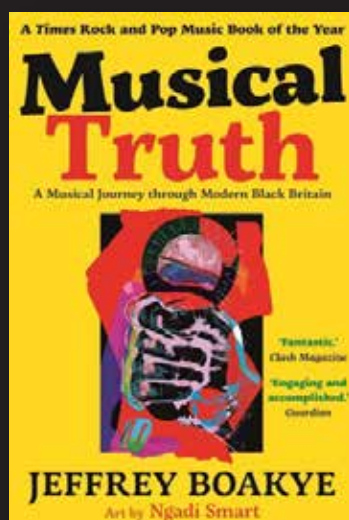
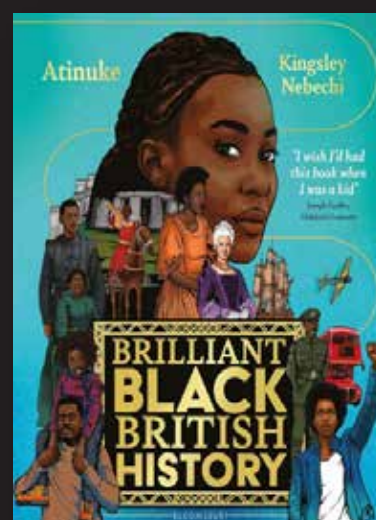
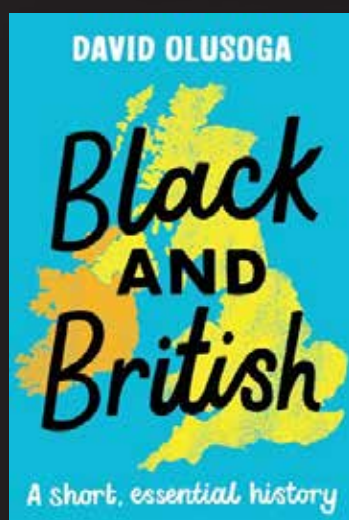


WE'RE ALL READING @WILMSLOW

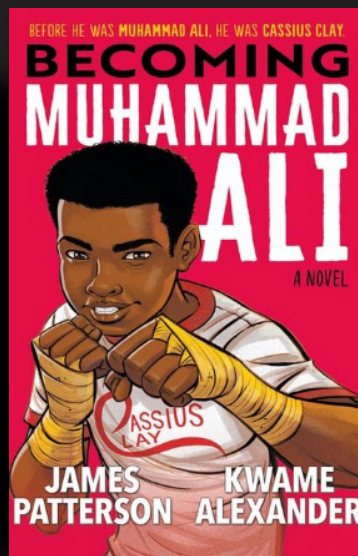
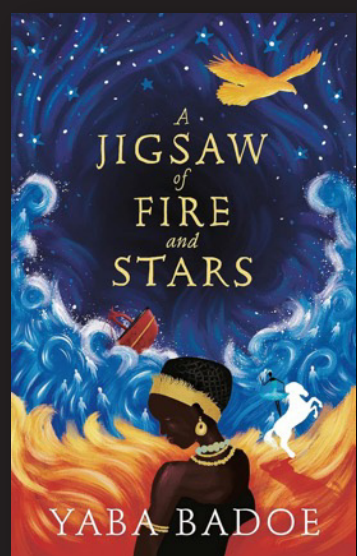
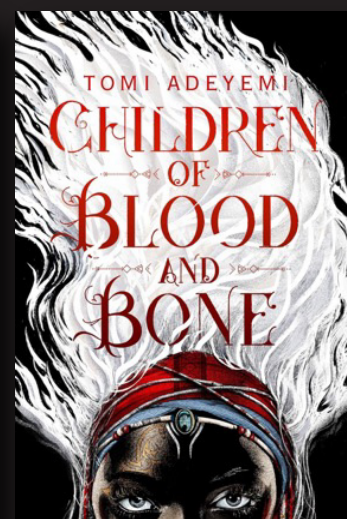
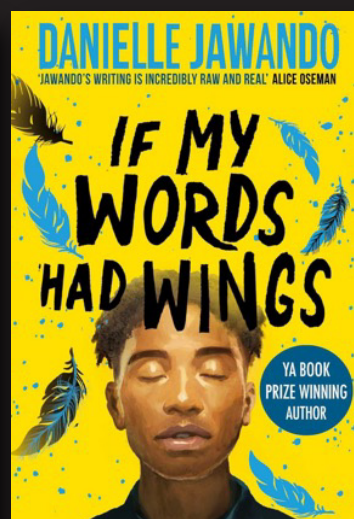
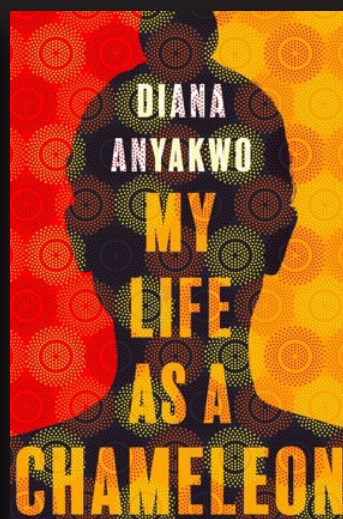
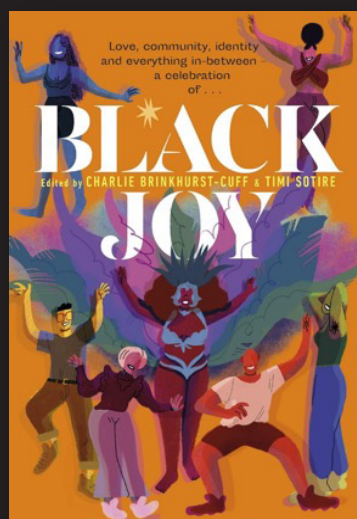
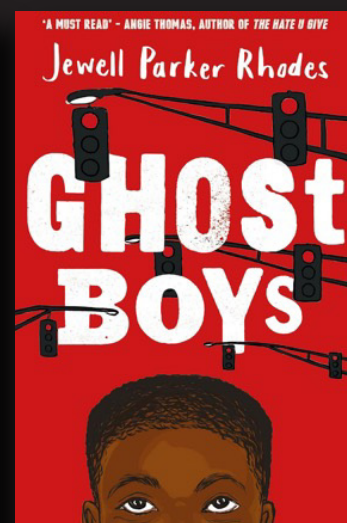
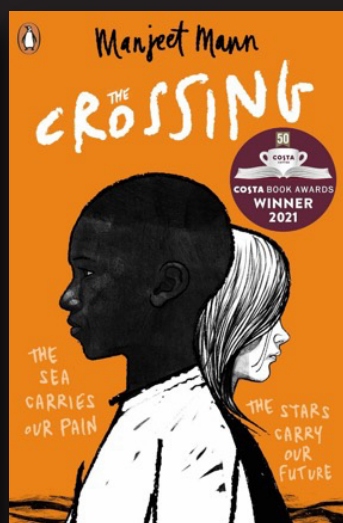
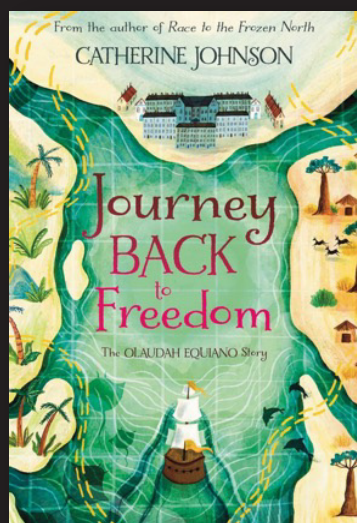


BLACK HISTORY MONTH

KS3 READS



BLACK HISTORY MONTH 2025



BLACK HISTORY MONTH 2025

Free at your local library

**Reading
Well**

for

Teens



All books are recommended by teens and health professionals

Reading Well for teens suggests recommended reading and digital resources to help you understand your feelings and boost your confidence.

Teens and health and wellbeing experts have chosen the books to help you manage your emotions and cope with difficult times.

**Recommended
by health experts**

**Co-created
by teens**

For more information visit
reading-well.org.uk/teens
or scan the QR code



How can books help?

These Reading Well books have been chosen to help you **understand your feelings** and deal with **difficult times**. They are aimed at young people aged between 13 and 18 years old.

You can read the books on your own or talk about them with someone you trust.

Some of the books include useful **self-help techniques**. There are also **personal stories**, **graphic books** and **fiction**.

The library

Look for the **Reading Well for teens** books in your local library – they're **free to borrow**.

It's easy and free to join your local library. A member of library staff will help you and once you have a library card you can borrow books, download eBooks or eAudiobooks, take part in activities and so much more. Ask your library staff about what the library can offer.

Find out about other **Reading Well** booklists at your local library or visit reading-well.org.uk



Recommended reading

Healthy Minds

- S** **Be Resilient: How to Build a Strong Teenage Brain for Tough Times**
Nicola Morgan
Walker Books
- S** **Be Happy Be You: The Teenage Guide to Boost Happiness and Resilience**
Penny Alexander, Becky Goddard-Hill
Collins
- P** **You Can Change the World!**
Margaret Rooke, Kara McHale
Jessica Kingsley Publishers
- F** **One in a Hundred Thousand**
Linni Ingemundsen
Usborne

Body Image

- S** **The Body Image Book for Girls: Love Yourself and Grow Up Fearless**
Charlotte Markey
Cambridge University Press
- S** **Being You: The Body Image Book for Boys**
Charlotte Markey, Daniel Hart, Douglas Zacher
Cambridge University Press
- S** **Appearance Anxiety**
National and Specialist OCD, BDD and Related Disorders Service, Maudsley Hospital
Jessica Kingsley Publishers
- F** **Jemima Small Versus the Universe**
Tamsin Winter
Usborne
- F** **The Year I Didn't Eat**
Samuel Pollen, Sophie Beer
ZunTold

Managing Feelings

- S** **The Mental Health and Wellbeing Workout for Teens**
Paula Nagel, Gary Bainbridge
Jessica Kingsley Publishers
- S** **My Intense Emotions Handbook**
Sue Knowles, Bridie Gallagher, Hannah Bromley, Emmeline Pidgen
Jessica Kingsley Publishers

Anxiety and Depression

- S** **My Anxiety Handbook**
Sue Knowles, Bridie Gallagher, Phoebe McEwen, Emmeline Pidgen
Jessica Kingsley Publishers
- G** **Anxiety is Really Strange**
Steve Haines, Sophie Standing
Jessica Kingsley Publishers
- S** **Depression (A Book About)**
Holly Duhig, Danielle Webster-Jones
Booklife Publishing
- F** **Hope**
Rhian Ivory
Firefly

Book Type Key

- S** Self-help
- F** Fiction
- G** Graphic format
- P** Personal stories

Recommended reading continued

Neurodiversity

- P** **Wired Differently – 30 Neurodivergent People You Should Know**
Joe Wells, Tim Stringer
Jessica Kingsley Publishers
- FG** **Frankie's World**
Aoife Dooley
Scholastic

Understanding Bereavement and Loss

- S** **You Will Be Okay**
Julie Stokes
Hachette
- F** **A Monster Calls**
Patrick Ness
Walker Books
- F** **When Shadows Fall**
Sita Brahmachari, Natalie Sirett
Little Tiger

Sexuality, Gender and Mental Health

- P** **Coming Out Stories**
Emma Goswell, Sam Walker
Jessica Kingsley Publishers
- S** **Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health**
Alexis Caught
Walker Books
- G** **Welcome to St Hell: My Trans Teen Misadventure**
Lewis Hancox
Scholastic

Learning About Life

- F** **Booked**
Kwame Alexander
Andersen Press
- F** **Stay a Little Longer**
Bali Rai
Barrington Stoke Ltd

Boost your Confidence

- S** **Social Anxiety Relief for Teens**
Bridget F Walker
Little, Brown

Surviving Online

- S** **Social Media Survival Guide**
Holly Bathie, Kate Sutton, Richard Merritt and The Boy Fitz Hammond
Usborne

Digital Resources

Alongside the books, there are recommended digital resources to help you understand your feelings and deal with tough experiences.

Scan the QR code or visit reading-well.org.uk/teens to find out more



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