



JUNIOR HIGH

WINTER READING

Yule all reading @ WILMSLOW



WILMSLOW
HIGH SCHOOL

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'**



Build a 20:20 habit this Winter

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

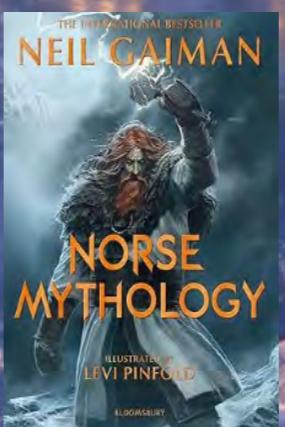
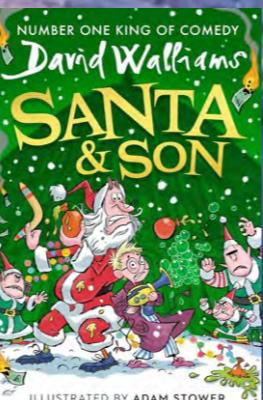
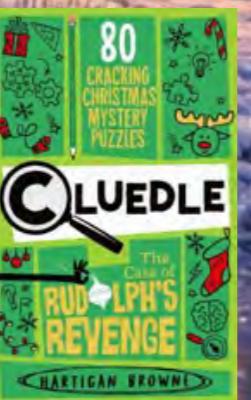
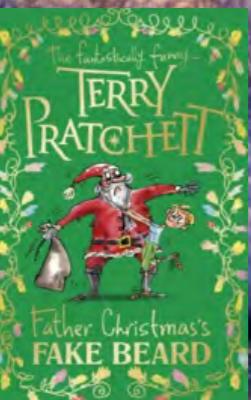
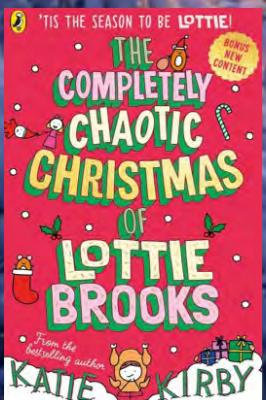
8.30am - 4.00pm



WINTER 2025

20:20 READING

FOR KEY STAGE 3



20:20

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!





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