

## Tips for parents!

“Research proves that children who enjoy reading do better at school in all subjects.” [www.booktrust.org.uk](http://www.booktrust.org.uk)

Filling the long summer holidays can be a challenge for parents and children’s academic performance can take a step back particularly in the younger years. Encouraging your child to read, talk to you about the book they are reading and sharing the experience of reading with them are all valuable activities that reap benefits. It’s not easy getting them to put down their social media for a few minutes but these tips might help!

- Try to establish a routine for even a few minutes of reading every day. At the end of the day might not work for over-tired, hot children. Maybe try some quiet time after lunch.
- Ask your child questions about the book they are reading. Try to avoid the type of questions that will elicit one-word answers. Ask them to describe a character, predict the plot, discuss if they would react the same as the character in the same situation...
- Studies have shown that the increasing use of technology impacts on human brain behavior and sleep patterns. Teenage brains that are still developing are impacted more. If you can implement a “no-tech” hour before bed and especially do not allow phones in the bedroom at night your teenager may not thank you, but you will be setting the ground work for an uninterrupted night’s sleep – still so important for teenage brains undergoing rapid change.
- For more advice try:

[www.nicolamorgan.com/category/reading-brain-readaxation/](http://www.nicolamorgan.com/category/reading-brain-readaxation/)

Nicola Morgan’s books (Teenage Guide to Stress/ Friends /Blame my Brain.

<http://www.thisisliteracy.ca/4-ways-promote-reading-your-teenager>

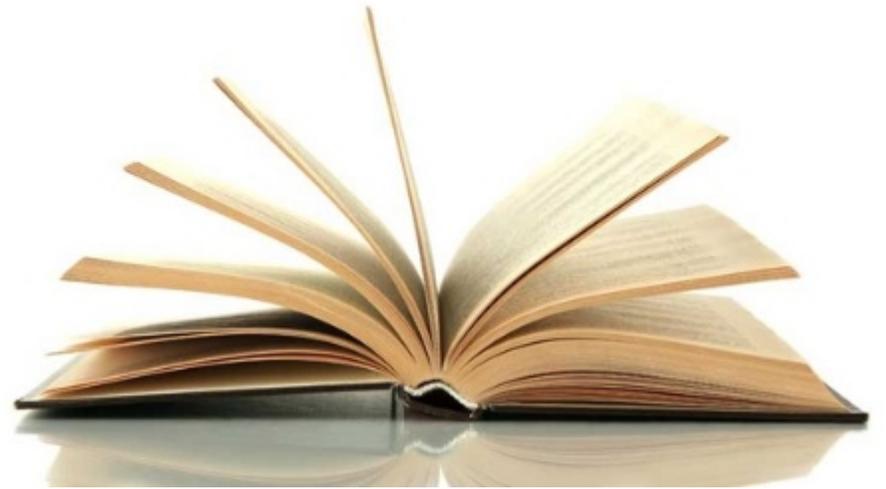
TedTalk: **How Social Media makes us Unsocial** by Allison Graham

<https://www.youtube.com/watch?v=d5GecYjy9-Q>

# Book Bingo 2017

Name:

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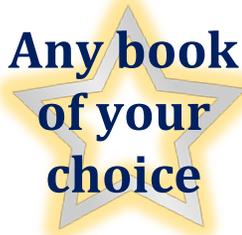
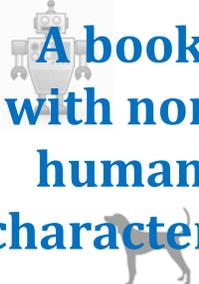


## READING BLUE COAT SCHOOL

Summer Reading Challenge for Years 7-10

# Book Bingo Card

# Record your reading here:

<p><b>A book that became a movie</b></p> 	<p><b>Read to a family member!</b></p> 	<p><b>A non-fiction book</b></p> 
<p><b>A book with a one-word title</b></p> 	<p><b>Any book of your choice</b></p> 	<p><b>Follow a recipe and make yourself a tasty treat!</b></p> 
<p><b>A book with non-human characters!</b></p> 	<p><b>Ask someone to take a photo of you reading in an unusual location!</b></p> 	<p><b>A book with a blue cover!</b></p>

1. The book I choose to read that became a movie was...
2. Signature of the family member I read to...
3. Title of my non-fiction book...
4. My One-Word title book choice was...
5. My free choice book title...
6. The recipe I made was...
7. Title of my book with non-human characters...
8. Title of the book I am reading in the photo and where it was taken...
9. Title of book with a blue cover...

**Edible prizes, Commendations and book prizes are on offer!**



