



July 2023

Dear Parents and Carers,

With the academic year at an end, and the summer beginning, the break from routine will provide opportunities for children to go out and enjoy the sun, hopefully including some reading! As your child embarks on the final stage of their A Level journey from September, their well-being and academic achievement is paramount. In addition to switching off, it would be beneficial for sixth formers to continue their wider super-curricular reading, as well as reading for pleasure, to enhance their outcomes and boost their happiness throughout the next year and well after they leave S6H. We wish you a wonderful summer break and look forward to hearing about the stories read upon their return in September.

### Why should students read?

Reading widely and for pleasure has many scientifically proven benefits, including:

- Strengthening the brain;
- Increasing empathy;
- Building vocabulary;
- Enhancing imagination;
- Reducing stress;
- Developing a sense of 'self' and identity;
- Aiding sleep;
- Increasing spelling accuracy;
- Helping academic achievement, including in Mathematics;
- Preventing cognitive decline and boosting working memory;
- Alleviating depression;
- Lengthening lifespan;
- Improving creativity and communication skills.

Reading is vital to students' understanding of the world around them and their life chances. Reading also makes us better writers and speakers, improving our capability in the workplace and wider community. Did you know research shows that a child who reads/is read to for 5 minutes a day will expose them to around 400,000 words a year? Increasing that to 21 minutes exposes them to 1,823,000 words a year. 40 minutes' results in 3,646,000 words a year. Also, did you know that research shows children who read for pleasure achieve better, regardless of whether their reading material of choice is a novel or magazine? Please do encourage your child to read a variety of texts that they are interested in. Of course, the increase in screen-time and social media has been shown to have decreased our focus and concentration

## Seaford Learning Trust

Mr R Ellis, Headteacher

Arundel Road, Seaford, East Sussex, BN25 4LX  
01323 891623 / [reception@seafordhead.org](mailto:reception@seafordhead.org) / [www.seafordhead.org](http://www.seafordhead.org)

Seaford Learning Trust is an exempt charity and a company limited by guarantee. Registered in England and Wales Company No. 8122579

### Follow us on Social Media:



Facebook - SeafordHeadSchool



Twitter - @Seaford\_Head



levels as people are so used to flicking between apps and scrolling through various websites. Reading can help counter this by providing one thing to focus on.

#### Ways to encourage reading at home

- If you'd like support choosing a book for your child, do get in touch with the librarians or visit a website, such as [www.bookheads.org.uk](http://www.bookheads.org.uk), or visit a site like [www.barringtonstoke.co.uk](http://www.barringtonstoke.co.uk) which produces books for reluctant, under-confident and dyslexic readers.
- Did you know that parents who talk to their children about books, TV programmes and films help their child to develop an interest in reading? Consider when might be a good time in your day/week to ask your child about what they've watched or read recently.
- Sharing podcasts and audiobooks
- 'Turn the Sub-Titles On' – this campaign encourages people watching film and TV to use sub-titles to assist with reading and vocabulary acquisition.
- Having books, magazines and other texts at home makes a difference to children's interest in reading and their achievement.
- Exploring your local library is a great way to bring new texts into the home at no cost to you and it allows your child to encounter a variety of text types.
- None of us like everything we read; it's important for us to be open about that with our children. We can help them to find texts they're interested in by talking about the passions, their hobbies and what they're interested in doing in the future.
- Many students prefer reading non-fiction, such as autobiographies, magazine articles or blog posts.
- If you have a computer at home, you could set the homepage to a website your child might be interested in. For example, a website about jazz music, race cars or kite boarding. You could ask them about what they've read or even read some together.
- Reading isn't just important for English lessons; it's important for every subject. If you know your child is interested in a particular subject or topic area, you could find articles about this to share with them and ask their view on what they've read.

#### What should students be reading, and how can you get hold of reading material?

One great way to acquire books is by visiting charity shops and buying books second-hand. Not only is this method more sustainable, it is also much cheaper.

Hachette publishers are also offering 20% off book titles. To place your order and pay via card, please ring our customer services team on +44 (0)1235 759555 or email [hukdcustomerservices@hachette.co.uk](mailto:hukdcustomerservices@hachette.co.uk) including your name, delivery address and contact telephone number, along with the ISBNs that you would like to order. Please quote the promotional code PIXLSUMMERNEWSLETTER over the phone for 20% off your order.

#### KS5 Reading List

The books below are grouped by form. It is not essential to read every single one, nor will you enjoy everything you read, but you should try to be working through different texts to add to your knowledge

and appreciation of literature, and for enjoyment! This will also help with application to top universities, as evidence of your reading habits is often a topic in interview questions and gives you a greater understanding of your subject, and society as a whole.

### **Fiction**

Americanah by Chimamanda Ngozi Adichie

The White Tiger by Aravind Adiga

The Tortilla Curtain by TC Boyle

The Terrible by Yrsa Daley-Ward

The Sisters Brothers by Patrick deWitt

Girl, Woman, Other by Bernardine Evaristo

The Great Gatsby by F. Scott Fitzgerald

A Million Little Pieces by James Frey

Eleanor Oliphant is Completely Fine by Gail Honeyman

Red Dust: A Path Through China by Ma Jian

The Unbearable Lightness of Being by Milan Kundera

Sarah by JT Leroy

If This Is a Man by Primo Levi

The Road by Cormac McCarthy

Little Fires Everywhere by Celeste Ng

Lolita by Vladimir Nabokov

Accordion Crimes by Annie Proulx

The God of Small Things by Arundhati Roy

David Copperfield by Charles Dickens

The Handmaid's Tale by Margaret Atwood

Fingersmith by Sarah Walters

Gone with the Wind By Margaret Mitchell

Pride and Prejudice by Jane Austen

It by Stephen King

Three Hours by Rosamund Lupton

Birdsong by Sebastian Faulks

Once in a House on Fire by Andrea Ashworth

An American Marriage

The Paper Palace

The House of Mirth Edith Wharton

Brighton Rock by Graham Greene

Hundred Years of Solitude by Gabriel García Márquez

Small Island by Andrea Levy

Normal People by Sally Rooney

The Age of Reason: Jean-Paul Sartre

A Fine Balance: Rohinton Mistry

Haruki Murakami: 1Q84

Khaled Hosseini: The Kite Runner

The Vanishing Half by Brit Bennet

Tidelands by Phillipa Gregory

Tigers in Red Weather by Liza Klausman

The Children Act by Ian McEwan

The Color Purple by Alice Walker

The Bell Jar by Sylvia Plath

The Importance of Being Ernest by Oscar Wilde

Machines Like Me by Ian McEwan

Regeneration by Pat Barker

Life of Pi by Yann Martel

Brick Lane by Monica Ali

Queenie by Candice-Carty Williams

Still Life by Sarah Winman

Exciting Times by Naoise Dolan

The Family Upstairs by Lisa Jewell

Girl with a Louding Voice by Abi Dare

Such a Fun Age by Kiley Reid

This is How it Always Is by Laurie Frankel

Cloud Atlas by David Mitchell

Three Women by Lisa Taddeo

Lessons in Chemistry by Bonnie Garmus

Things Fall Apart by Chinua Achebe

Far from the Madding Crowd by Thomas Hardy

To Kill a Mockingbird by Harper Lee

Rebecca by Daphne Du Maurier

Brave New World by Aldous Huxley

### **Short Story Collections**

The Library of Babel by Jorge Luis Borges (1941)

The Bloody Chamber by Angela Carter (1979)

The Wind's Twelve Quarters by Ursula K Le Guin (1975)

The Lottery and Other Stories by Shirley Jackson (1948)

The Turning by Tim Winton (2004)

**Poetry**

Listen online: 'Josephine Baker finds herself' and 'The Doll's House' by Patience Agbabi

The World's Wife by Carol Ann Duffy (1999)

Ariel by Sylvia Plath (1965)

A Sleepwalk on the Severn by Alice Oswald (2009)

Flèche by Mary Jean Chan (2019)

Staying Alive edited by Neil Astley (2002)

**Graphic Novels**

Fun Home by Alison Bechdel (2006)

From Hell by Alan Moore (1989)

Dragonslippers: This is what an Abusive Relationship Looks Like by Rosalind B. Penfold (2005)

Persepolis by Marjane Satrapi (2000)

Maus by Art Spiegelman (1991)

Habibi by Craig Thompson (2011)