

St Anthony's



Autumn 1 2025

READING NEWSLETTER

Welcome back!



What is in this term's issue?

Welcome back to a new school year and our first reading newsletter of the year. Autumn is a perfect time to snuggle up with a good book. Have a read to find out what has happened this half term with reading.

- Autumn Reads
- National Poetry Day
- Half term reading challenge
- Top tips for reading at home

Fall into a great book

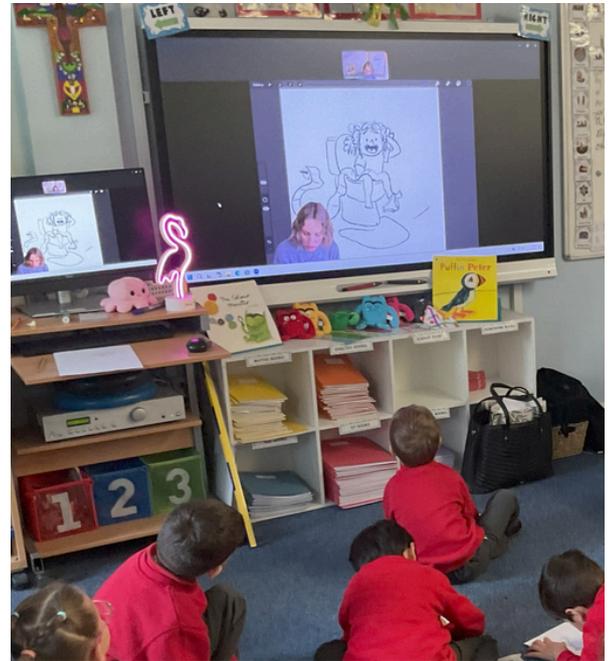
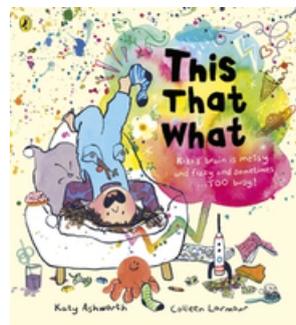
As it's getting colder outside, Autumn is a great time to snuggle down and read some stories together. There are lots of fantastic books that you can be reading this Autumn. We have been talking about the importance of reading together, children reading to parents but also parents reading to children. Here are some of our favourite autumn reads:

[Click here to find more recommended autumn reads](#)



Author Talk

Year 1 took part in a virtual author visit. Children's presenter Katy Ashworth and award-winning illustrator Colleen Lamour introduced 'This That What', their picture book all about busy brains and celebrating what makes us different!



National Poetry Day

On the 2nd October, it was National Poetry Day. We celebrate in many ways across the school, learning to read, recite and perform poems.

Each class learnt a poem and shared these with another year group. It was great to see the children become so confident in reciting and learning poems.



Staff are reading too

The staff have been busy reading this half term. Can you guess the staff behind the book?



Reading Morning

It was so lovely to see so many of you join us for our reading morning. It's a calm way to start the morning sharing some stories together.

The reading mornings for the rest of Autumn are:

- Tuesday 26th November
- Tuesday 16th December

These take place in the activity studio from 8:25-8:45am. If you walk along the pavement around to the back playground - you'll see us there 😊



Half term reading challenge

Can you name an author for every letter of the alphabet?



If you manage to complete this challenge - please share with Amy or Megan 😊

The power of reading for children's well-being

1. Reading reduces stress.

Just a few minutes of reading each day can calm the mind and lower stress levels – studies show it can reduce stress by up to 68%!

2. Books build emotional resilience.

Stories help children understand feelings – their own and others'. When characters face challenges, children learn healthy ways to cope and empathise.

3. Reading improves sleep routines.

A quiet bedtime story helps children wind down, creating a calm transition between busy days and restful sleep.

4. Stories strengthen parent-child bonds.

Sharing a book together provides special one-to-one time, helping children feel loved, safe, and connected.

5. Reading boosts confidence and self-esteem.

As children become more fluent readers, their confidence grows – not just in school, but in how they see themselves as learners.

6. It provides a healthy escape.

Books can be a comforting “safe space” where children can relax, imagine, and find joy – especially during anxious or uncertain times.

7. Reading nurtures empathy and kindness.

Through stories, children experience the world from different perspectives, helping them grow into understanding, compassionate individuals.

