

MOORSIDE HIGH SCHOOL

LOCKDOWN 2021



Student Off-Screen, Wellbeing, Literacy World Book Day

This year, **World Book Day** looks to be a different one for many schools this year. However, here at Moorside High School, we will be continuing to celebrate books and the love of literacy.

Thursday 4th March will be an off-screen literacy activity day. We live in an age where we spend hours bingeing on TV box sets or surfing social media. But despite these distractions, reading remains an important pastime. Reading is good for us as it improves our literacy but also is good for our health. Studies show that it can increase our emotional intelligence as we understand a range of perspectives and motivations. There is some evidence that mental stimulation is one of the factors that can delay the onset of dementia and reading is among the activities that can help to keep your brain active. When we read, we create mental simulations of the activities, sights and sounds of scenes in a story, blending these with our own memories and experiences. Reading for just 30 minutes a week can increase health and wellbeing. Reading for pleasure has been found to improve our confidence and self-esteem, it can also aid your sleep and reduce feelings of loneliness.

Our literacy wellbeing book day is all about reminding ourselves what we need to be doing, to stay healthy inside and out.

Our challenge to you, is to complete at least five of the activities on this leaflet. House points will be awarded to those that get involved and there will be prizes for the best entries. All evidence should be sent to wellbeing@moorsidehigh.com before Monday 8th March 2021. We hope you enjoy it and have fun.

All students should attend the online Teams session between 9am - 10am on Thursday, 4th March where the Heads of Year, will explain all the challenges for the day.

Activity	Information	Evidence
Individual Subject Specific Literacy Challenges	These challenges will be provided by your individual subject teachers and will be available on the Wellbeing Teams page for you to read.	
Get Caught Reading	Take a picture of yourself reading in a creative or unusual place, position or situation.	
Book Cover Challenge	Create a book cover for your favourite book or even a cover you think needs to be improved from your bookshelf. It can be created in any medium e.g. collage, on a computer or hand drawn, the more creative the better!	
Fancy dress challenge	Dress up as your favourite fictional character or even dress up a willing family member!	
Book review	Write a book review recommending (or not recommending!) a book you have recently read. This will be sent to our librarian Mrs Smith and made available to other students who might be considering reading the book.	
Fictional Food	Make a food or drink from or inspired by a book. Take a photo and even get a review from family members if they're brave enough to try it.	
Board Game Bonanza	Create a board game based on your favourite book. It could include a board, cards, and player pieces etc. Take a picture of your family playing the game.	
Decorate a potato/boiled egg/wooden spoon	Decorate one of the items as a character (or characters) from your favourite book.	
Script writing	Write a script for a dramatic moment from your favourite book. Make it more challenging by picking a book which has not already been made into a film.	
Book reading	Record audio or video of you reading the opening or an exciting section of your favourite book. You could also provide a dramatic reading of a well-known children's' book.	
Save the book!	Imagine that you are only allowed one book. Create a piece of work which shows the importance of a particular book, you could explain why it is important to you, a particular group or to society etc. You can present your 'campaign' however you like painting, extended writing, poster, poem, mood board, rap song etc.	

If you are struggling... remember we are here to help.



Visit our school website for more links to websites that can support your wellbeing.

We hope you enjoy your 'Literacy Wellbeing Book Day', and we cannot wait to hear and see all your evidence of how you used your time to support your own wellbeing.

#Team Moorside

ENRICHING LIVES, INSPIRING AMBITIONS