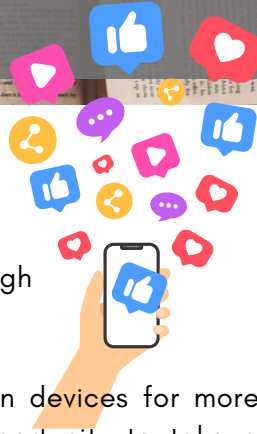




St Edward's  
School  
Unity • Achievement • Faith

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# THE LIBRARY MONTHLY



## Screen-Free Week - 6th -12th May

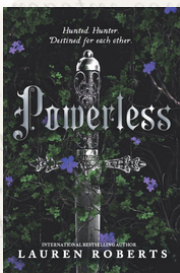
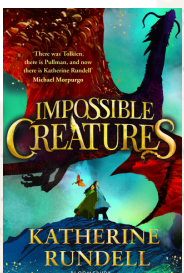
Do you ever feel that screen time is running your life? That you struggle to not look at your phone every few minutes and you can lose a whole hour just scrolling through TikTok? Then you are not alone. Did you know that many people report raised anxiety levels, feelings of depression and trouble sleeping when they have been using screen devices for more than a few hours a day? Screen-Free week is an opportunity to take a conscious break from screens whether it is a phone, a TV, a computer or a games console and see what other interesting things you could be doing instead. It is a chance to give your brain a break from overstimulation, calm your nervous system and re-connect with the real people in your life!

Maybe a whole week is a bit of a challenge, but could you come off your phone an hour earlier each day and see how that feels? Could you read a book before bed instead of scrolling through your phone or could you arrange to meet a friend face to face rather than just Snapchatting them? Make a few notes each day about how you feel, who knows you might even like it!

## The British Book Awards

This year the British Book Awards also known as the Nibbies take place on the 13th May and spotlight the titles that have stirred imaginations, started conversations, been part of book clubs and bestseller lists - books whose pages have been well-thumbed, well-worn and well-loved, whose ideas have formed that thread of inescapable connection between one reader and the next. The shortlists and winners all demonstrate the combination of unforgettable writing, exceptional sales, and an outstanding approach to publishing which make the book business the original creative sector, and the go-to home of storytelling. This year's children's fiction shortlist includes stories of an enchanted archipelago, a murder mystery, a festive musical to a decadent enemies-to-lovers tale.

Have you read any of the shortlisted books? Which would be your winner?



## Dates to note this month:



National Doughnut week  
18th - 26th May

Walk to school week  
20th - 24th May

World Bee Day  
20th May



National Biscuit Day  
29th May



## Recommended Read

**Noughts and Crosses**  
by Malorie Blackman

“It definitely made me think about race and diversity in a different way and made me think about how extreme prejudice was in this country and how extreme it is in other countries in the world today  
Jacob, Year 8”

Sephy Hadley and Callum McGregor have been friends since childhood, and they both know that's as far as it can go. Theirs is a world full of racism, fear and mounting violence - where Noughts and Crosses are fated to be enemies. Then, against all the odds, these star-crossed lovers choose each other. But this is a love story that will lead them both into terrible danger....



The library is open at break, lunch and after school until 4:30pm Mon - Thurs, 4pm on Friday