



Summer Holiday Wellbeing Tips from the Wellbeing Ambassadors

Year 8: TV and book recommendations

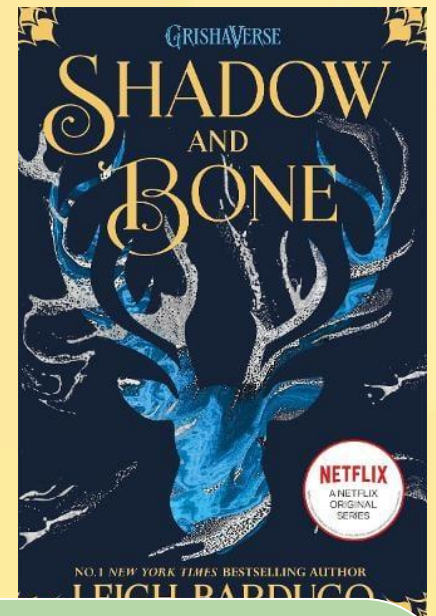


The Clockwork Angel by Cassandra Clare

"The Clockwork Angel" by Cassandra Clare is a captivating novel set in Victorian London. Tessa Gray, a young American girl, embarks on a journey to find her missing brother but stumbles upon a hidden world of supernatural beings. She becomes involved in a dangerous plot orchestrated by the sinister Magister and forms alliances with a group of Shadowhunters, including Will Herondale and Jem Carstairs. Together, they uncover dark secrets about Tessa's identity and must race against time to unravel

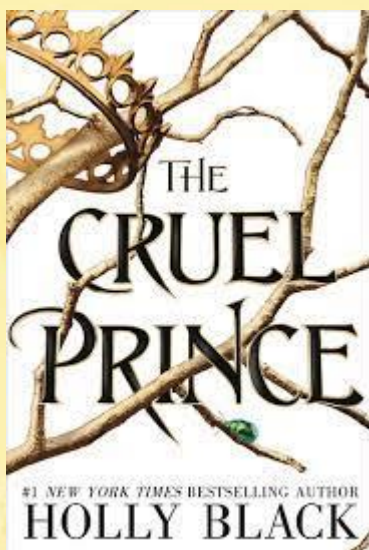
Shadow and Bone by Leigh Bardugo

"Shadow and Bone" by Leigh Bardugo is a fantasy novel set in the divided world of Ravka. Alina Starkov, a lowly cartographer, discovers a dormant power to summon sunlight while crossing the dangerous Shadow Fold. She is brought to the royal court to train as a Grisha and becomes entangled in political intrigue and a growing threat to Ravka. As Alina uncovers dark secrets and confronts internal conflicts, she must navigate alliances and her attraction to the enigmatic Darkling. The fate of



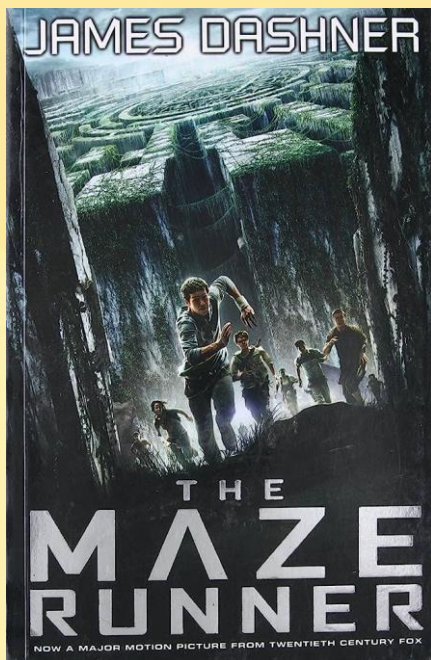
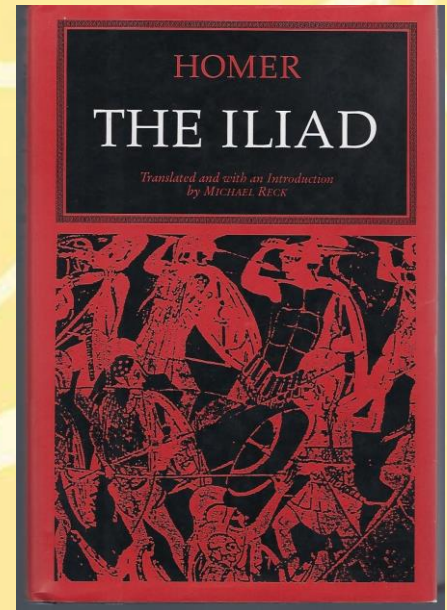
The Cruel Prince by Holly Black

"The Cruel Prince" by Holly Black is a fantasy novel that follows the story of Jude Duarte, a human girl living in the treacherous world of Faerie. After witnessing the murder of her parents, Jude and her twin sister Taryn are taken to the High Court of Faerie by their parents' killer, a faerie general named Madoc. Raised among the fae, Jude struggles to fit in and faces constant bullying from the fae nobility, particularly Prince Cardan. Determined to prove herself and gain power in



The Iliad

"The Iliad" is an ancient Greek epic poem attributed to Homer. It tells the story of the Trojan War, focusing on the conflict between the Greeks and the Trojans. The poem begins with the wrath of Achilles, a Greek warrior, and follows the battles, heroism, and tragedies that occur during the war. Key characters include Hector, the Trojan prince, and various Greek gods who intervene in the war. "The Iliad" explores

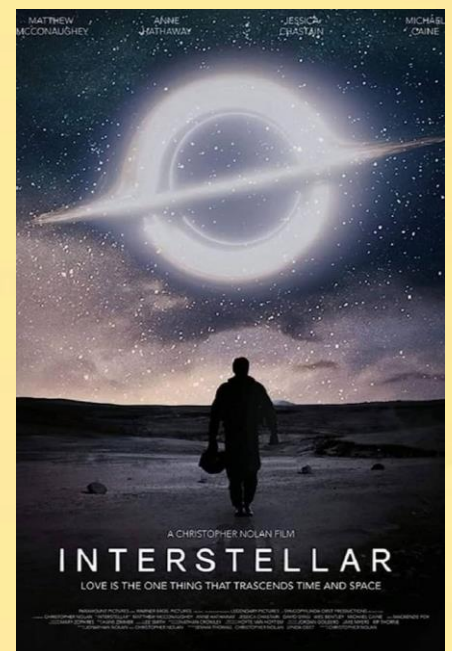


The Maze Runner by James Dashner

"The Maze Runner" by James Dashner is the first book (and now a film) of the series of the story that follows a boy who is introduced as he wakes up in what seems like an abyss of darkness, but he soon realises two things: is that he's in a cranky box-like-elevator, but the second: he can't remember anything- but only with his name, Thomas. He is caught up with all the boys who had the same experience as him, entering the unknown with nothing but a name, left to take in looming, concrete grey walls meters high. They all have one goal: To find a way out of their maze, which is crawling with

Interstellar

Interstellar is a sci-fi film that goes beyond boundaries of imagination and preconceived ideas of the genre. Directed by Christopher Nolan, Interstellar will keep on the edge of your seat as it takes you through an absolute surreal and in-depth experience through our universe as they travel through warped space filled with sparkling galaxies and dense, dark black holes, while also showing emotions that tie the story line and experience like destiny. Interstellar shows the strongest concepts that run our universe in the most beautiful way, it's music being the most inspiring part of it all, which is sure to leave you in awe, bewilderment and curiosity like it did for me. It won't just be any ordinary film





Anne with an E

"Anne with an E" is a television series adaptation of Lucy Maud Montgomery's novel "Anne of Green Gables." The show follows the story of Anne Shirley, a young orphan girl who is accidentally sent to live with siblings Marilla and Matthew Cuthbert on their farm in Avonlea. Initially met with skepticism due to her imaginative and talkative nature, Anne gradually wins over the hearts of the Cuthberts and the community with her intelligence, resilience, and unique perspective on life. The series explores Anne's journey as she navigates school

Spider man: into the Spider Verse

"Spider-Man: Into the Spider-Verse" is an animated superhero film that introduces audiences to a new and diverse take on the Spider-Man mythos. The movie follows the story of Miles Morales, a teenager from Brooklyn who gains spider-like powers after being bitten by a radioactive spider. Miles soon discovers that there are other versions of Spider-Man from different dimensions, and together they must team up to stop a threat that could destroy all of reality. The film explores themes of identity, self-discovery, and the importance of embracing one's own unique abilities. With stunning animation, a compelling storyline, and a



The Goosebumps

The Goosebumps movie released in 2015 is a thrilling adventure-comedy based on the popular children's horror book series by R.L. Stine. The story follows teenager Zach Cooper, who moves to a new town and befriends his mysterious neighbor, Hannah. However, things take a spooky turn when Zach accidentally unleashes the monsters from Stine's Goosebumps books, trapping the town in a state of chaos. With the help of Stine himself, Zach, Hannah, and their friend Champ must work together to capture the unleashed monsters and save

Year 9: How to make the most of your summer holidays

1. Plan Ahead:

Create a bucket list of activities and experiences you want to enjoy during the summer. This could include visiting new places, trying new hobbies, or spending quality time with loved ones.

2. Embrace the Outdoors:

Take advantage of the warm weather and longer days by spending time outdoors. Go for hikes, have picnics in the park, go camping, or simply enjoy a leisurely stroll in nature. Engaging with nature can help reduce stress and improve overall well-being.

3. Explore Your Local Area:

Discover hidden gems in your own town or city. Visit museums, art galleries, parks, or historical sites. Attend local events, festivals, or farmers' markets to immerse yourself in the local culture.

4. Try Something New:

Summer is a great time to step out of your comfort zone and try new activities or hobbies. Sign up for a cooking class, learn to surf, try paddleboarding, or take up gardening. Engaging in new experiences can be exciting and enriching.

5. Relax and Recharge:

Remember to take time for yourself to relax and recharge. Whether it's enjoying a good book by the pool, practising mindfulness and meditation, or simply spending quality time with loved ones, make self-care a priority.

6. Stay Active:

Engage in physical activities that you enjoy. Go for a swim, play beach volleyball, go for bike rides, or try outdoor yoga classes. Staying active not only benefits your physical health but also boosts your mood and energy levels.

7. Connect with Others:

Summer is a great time to strengthen relationships and create lasting memories with friends and family. Plan gatherings, organise barbecues, have game nights, or go on road trips together. Building and nurturing connections with others can bring immense joy and happiness.

Remember, the key to making the most of summer is to be present, enjoy the moment, and embrace the opportunities that come your way.

Year 10: Recommending activities to do locally

In general:

Parks

Have a look around your local area and find the nearest park; there are usually many in most towns!

You can simply go there for a nice stroll, sit and read and book or even meet up with your friends to go on a picnic.

Shopping centres

It's always so much fun going to your local shopping centre and going to every shop there even if you're not going to buy anything.

Doing some summer shopping or window shopping is a fun way of relaxing and taking your mind off things and who knows you could walk away with some cool stuff!

Restaurants

Explore new flavours and different cuisines by going to a few of the many many restaurants accessible in high streets and town centres alike.





In Reading:

1. Explore Reading Abbey Ruins: Discover the fascinating history of Reading Abbey, a mediaeval monastery founded by Henry I in the 12th century. Wander through the atmospheric ruins and learn about the abbey's significance in English history
2. Enjoy a Boat Ride along the River Thames: Take a relaxing boat ride along the scenic River Thames, which runs through Reading. Admire the picturesque views, and experience the tranquil beauty of the river.
3. Relax in Forbury Gardens: Take a break from exploring and unwind in Forbury Gardens, a lovely public park in the town centre. Enjoy the beautiful gardens, relax by the ornamental water features, and soak up the peaceful atmosphere. The gardens also host various events and concerts throughout the year.