

## Reading and mental Health:

As if we needed another reason to sit down with our favourite book...

Reading has been found to be hugely beneficial for our mental health. According to new research from Oxford University Press, reading "challenging language" sends "rocket boosters" to our brains, which in turn boosts our mental health.

Classics from William Shakespeare and Charles Dickens were proven to help relieve depression and chronic pain.

Dr Paul Byrne explained the benefits of reading: "Its actually a reinvention of a traditional idea. The ancient Greeks used poetry as therapy ... Books can take you to a different place. They can relax you and calm you, and they can offer wisdom, or humour, or both."

## Did you know?

Children who read regularly:

- make far more academic progress over a shorter period of time
- are far more likely to achieve highly
- do an average of $15 \%$ better in all tests
- are exposed to 1.8 million words a year.

With BorrowBok you can access books for free from your phone, tablet or computer.

Join up to the Northumberland Library Service for free now:
https://Northumberland.spydus.co.uk/cgibin/spydus.exe/MSGTRN/WPAC/JOIN

## NUMERACY North East Learning Trust

In each newsletter we will bring you an example of a Numeracy equation which your child may be asked to solve in class and explain how to arrive at the correct answer.

This week we would like to introduce you to Mode, Median and Mean:

|  | $4 \sqrt{4} \rightarrow(O)$ |
| :---: | :---: |
| Here are the number of goals they scored in each game: |  |
| $\begin{array}{lllllll}6 & 0 & 3 & 2 & 2 & 5\end{array}$ | The number which |
| a) Work out the median number of goals scored. <br> Order the numbers from smallest to largest. | appears most often in a set of numbers. |
| $\begin{array}{lll} \varnothing & x & 86 \\ & \begin{array}{l} 2+3=5 \\ 5 \div 2=2 \end{array} \end{array}$ <br> (2) Find the moddle value $5 \div 2=2.5 \quad 2.5$ <br> (3) Dind if there are two values, add then and ctivide) <br> (b) Work out the mean number of goals scored. |  |
| The mean, add all the valves and divide by the number of values. |  |
| $\begin{align*} & 6+0+3+2+2+5=18 \\ & 18 \div 6=3 \tag{array} \end{align*}$ | The middle number in a sorted list of numbers. |
| The football team play one more game. The mean number of goals scored increases to 4. <br> (c) Work out the number of goals scored in the seventh game. | 勾 |
| Total goals scored in game $7=4 \times 7=28$ goals. |  |
| goals scored in games - goals scored in 6 games $28-18=10 \cdots 10$ | Is the average of the numbers: A calculated "central" value of a set of numbers. |

Calculating the Mode:
Find the most common number in a set of data.

## Calculating the Median:

Order the numbers in ascending order and find the value that is in the middle.

## Calculating the Mean:

Add all the values up and divide by how many values there are.

