

# Sacred Heart School

February 25th, 2022

March is Reading Month- Focusing on Daily Habits

Mystery-Historical-Fantasy-Science Fiction

It doesn't matter the genre, reading 20 minutes a day impacts your life...

If you read to your child 20 minutes a day starting in Kindergarten they will have heard 1.8 million words per year. By 6th grade, your child will have read for 851 hours.

## The Surprising Benefits of Reading 20 Minutes a Day

Reading just twenty minutes per day builds empathy for others, creates a strong vocabulary, and positively affects and boosts your mental and physical health

## How Does Reading Benefit Your Brain?

Reading 20 minutes a day has benefits for the health and strength of your brain. Reading is a complicated process, and as you read, your brain changes. When you read, your mind creates new circuits and connections. As your reading skills grow, these connections in the brain get more substantial and complex. One study involved conducting brain scans on the brain over several days as the participants read a novel. As the storyline became tenser, the brain scans showed more and more brain areas with activity. They continued the brain scans for several days after the participants finished reading the novel. Brain activity continued to increase in connectivity.

## Benefits of Reading Include Building Stronger Relationships

Surprisingly, reading helps build your ability to socialize appropriately. People who read show a heightened ability to empathize with others. Reading literature allows students to put themselves in someone else's shoes. They gain a perspective of what the characters in the book are experiencing.

## Vocabulary is Another Advantage of Reading

Reading also builds your vocabulary. So how do you increase your vocabulary? Reading books is the best method for building a strong vocabulary. Once you know and understand a word, it lightens the load on your working or short-term memory. This helps you understand information input at a faster pace. An extensive vocabulary also builds the connections in your brain so that new lines of reasoning open up. <https://specialedresource.com/benefits-of-reading-20-minutes-a-day>

We are looking forward to a fun and adventurous March is Reading Month!

God Bless,

Anne Atkin, principal

## All School Field Trip to the Croswell

Tuesday, March 8th

9:00-11:30

Mr. Popper's Penguins

Look for the permission slip and  
Chaperone details on Monday

We will need drivers!!



## MARCH IS READING MONTH

- Every year in March we focus on the joy and adventure reading can bring our children.
- We have a ton of fun reading events scheduled during the month of March.
- The whole school has a goal of reading 3000 books during March. If the students are able to reach their goal, we will host an All School Carnival on April 1st.
- See the March is Reading Month Calendar for a schedule of events.

## Upcoming Events

March 2<sup>nd</sup>- Ash Wednesday. Mass at 8:00am. Students should wear the Mass uniform.

March 4<sup>th</sup>-  $\frac{1}{2}$  Day of School

March 8<sup>th</sup>- All school field trip to The Croswell

March 14<sup>th</sup>- **No School.** Teacher Professional Development Conference.

March 17<sup>th</sup>- P/T Conferences- 3:00-6:00

March 18<sup>th</sup>-  $\frac{1}{2}$  Day of school. P/T conferences 12:30-3:00



|                  |     |           |
|------------------|-----|-----------|
| Jamison Clary    | PK  | Feb. 1st  |
| Hendrix Fountain | PK  | Feb. 2nd  |
| Magdalena Moreno | PK  | Feb. 3rd  |
| Cruz Mieszl      | K   | Feb. 4th  |
| Paxson Bovee     | K   | Feb. 6th  |
| Kingsley Shaw    | 3rd | Feb. 12th |
| Kaydence Henning | 4th | Feb. 17th |
| Anze Williams    | 3rd | Feb. 19th |
| Elizabeth Beggs  | 5th | Feb. 22nd |