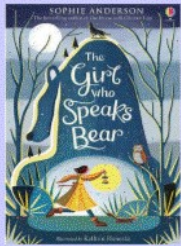




Autumn 2021, Volume 2, Issue 1

# Welcome back to the ILC

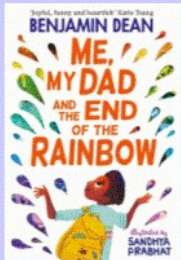
## Cheshire Book Quiz 2021 - 2022



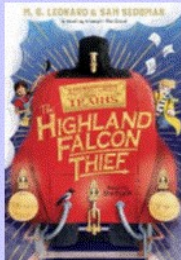
Are you in Year 7 or 8 and enjoy reading? Are you ready for a quiz challenge?



We are looking for a team of **four** students who enjoy fiction to read the **five** featured books from January - May. You will meet weekly and take a monthly quiz in school to test your knowledge.



The top scoring four school teams will compete in the grand final in Chester in May.



For more information on the quiz and how to apply visit the ILC **AS SOON AS POSSIBLE!**

**The Final Deadline for entry is FRIDAY 10TH DECEMBER**

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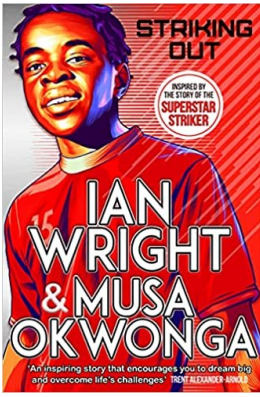
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## THE DEBUT NOVEL FROM SUPERSTAR STRIKER IAN WRIGHT—CELEBRITY FICTION

Thirteen-year-old Jerome Jackson dreams of becoming a world-class footballer. But with a difficult home life, Jerome can't see how he'll ever make this dream come true... until he meets a mentor figure who can hopefully put him on the right track. A readable rags-to-riches football tale!

## STAFF SUGGESTION

### *How Not to Lose It: Mental Health Sorted*

By Anna Williamson

#### Book Review by Mrs N McGillivray

When it comes to poor mental health, a lot of students will ask “Why me?”. It can seem really unfair that some people experience mental health illnesses and others don't. However, it's important to remember that mental health is something that we all have – just like physical health.

In her book 'How not to lose it', Anna Williamson tackles this tricky topic and reminds readers that everyone has mental health. Written in an easy-to-read format aimed at young people, the chapters cover everything from anxiety, depression, panic attacks, friendships, sex and puberty, love and loss, and phobias. The book explores some of the common, and sometimes confusing or scary, aspects of our mental health, and debunks many myths, such as 'people with mental health problems are weak', 'isn't low mood the same as depression?', and 'girls are more mature than boys'.

Anyone can have a tough time and feel mentally unwell at times, and the author provides names of famous people who have all struggled with their mental health occasionally. She also provides some quick fixes, such as managing worry to avoid stress, catch-

ing low mood before it sneaks into depression, and using laughter as an instant

stress buster. There are also suggestions on how to find new friends, how to talk to your parents so they actually listen, how to calm your fears, and how to leave a toxic friendship. My personal favourite section was 'How to kick a panic attack in the butt'!

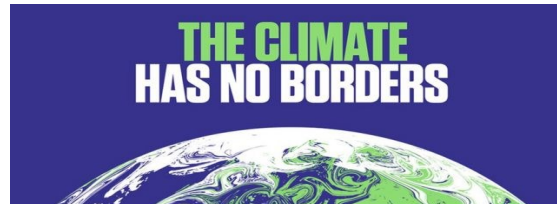
In a time when mental health issues are on the increase in young people, this book helps to tackle the difficult subject in an understandable and friendly way. For any student (or parent) who is looking for help and advice, this book is a fantastic first step forward, answering many questions and providing a list of organisations offering support.

It's important to remember: all mental health illnesses are treatable. If this book can't help you, then someone can. Always ask for help when you need it, whether that be a member of staff, your parents, or a confidential helpline.

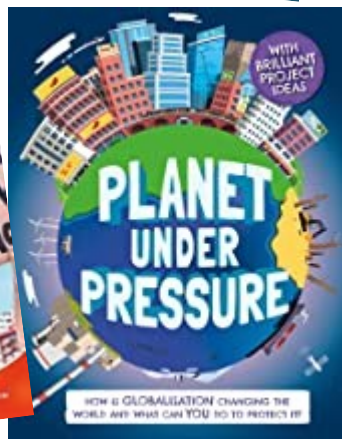
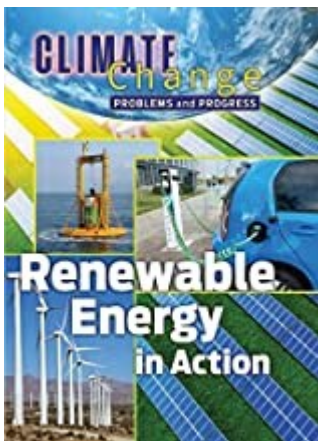
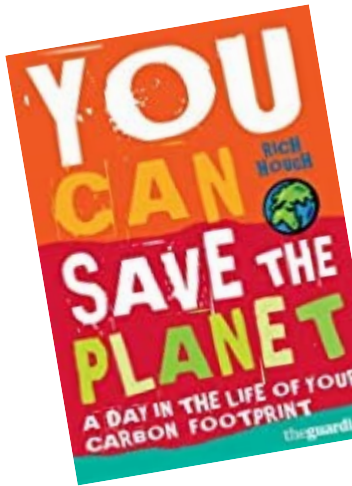
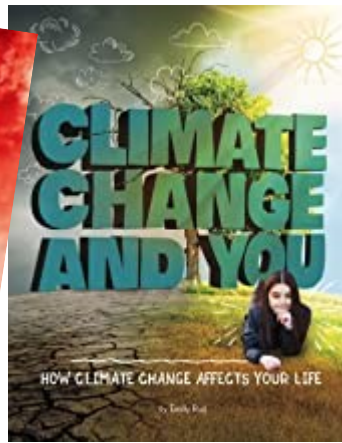




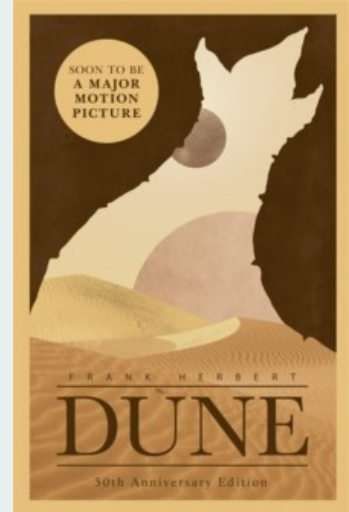
# COP 26



The Cop26 event in Edinburgh focussed media attention onto the most pressing issue of our time—Climate Change. The ILC has a wide range of amazing books for anyone looking to explore and understand more ...



## New Adult Fiction...



Before The Matrix, before Star Wars, before Ender's Game and Neuromancer, there was Dune: winner of the prestigious Hugo and Nebula awards, and widely considered one of the greatest science fiction novels ever written.

Read the book which inspired the 2021 Denis Villeneuve epic film adaptation.

One of the most brilliant science fiction novels ever written, as engrossing and heart-rending today as it was when it was first published half a century ago.



# Year 7 Bookbuzz 2021

Bookbuzz is a reading programme from BookTrust who try to inspire a love of reading for pleasure by introducing students to new authors and genres. During ILC reading lessons in October all Year 7 classes watched a short film featuring authors describing the 17 books available in this year’s collection.

Each student will receive one free book from the collection by January 2022.

More information on the books and ideas for further reading can be found at [www.bookbuzz.org.uk](http://www.bookbuzz.org.uk)

## This year's books



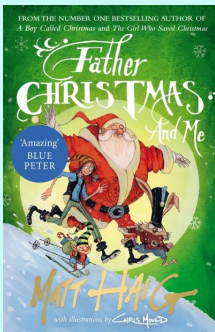
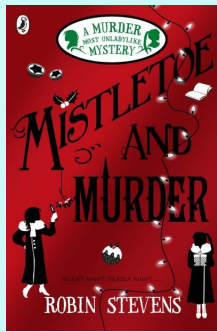
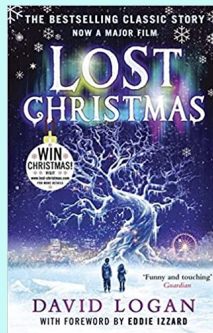


# GREAT READS FOR THE WINTER BREAK

With long winter nights and snow already arrived what could be better than settling down with a good book.... Why not try one of these.

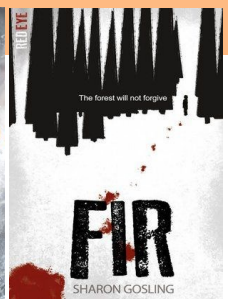
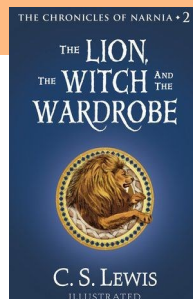
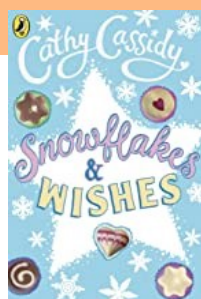
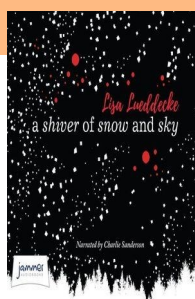
Details of these and all other books in the library collection can be found at:

<http://012275.microlibrarian.net>



Ebooks/Audiobooks on [soraapp.com](http://soraapp.com) you might like to try...

A quick guide to getting started with Sora is available at <https://bit.ly/2YhSN4i>



# Christmas Crafts in the ILC

In the last two weeks of term we will be offering fun activities with a Christmas theme. Call in at break or lunch time and take a look.


## Recycle old books into Christmas Trees!



## Christmas Colouring Sheets



## Christmas Quiz and Wordsearch



Got any suggestions for book reviews or anything else you'd like us to cover?  
Please email your suggestions to:  
[ilc@lymmhigh.org.uk](mailto:ilc@lymmhigh.org.uk)