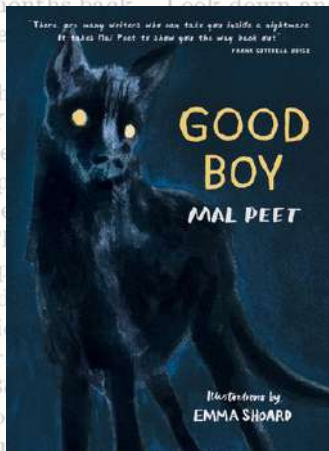


# AVA Library News



## Book of the Week:

### 'Good Boy' by Mal Peet



'Good Boy' is a short piece of prose by the late Mal Peet, who died in 2015.

It tells the tale of Sandie, who has nightmares of a terrifying black dog

chasing her to a cliff edge.

The book deals with Sandie's depression and her struggles with life. It can be interpreted in many ways.

The illustrations, by Emma Shoard, are stunning and compliment the writing perfectly.

It's a quick read, but one which will stick with you for a long time afterwards. It's beautiful and terrifying in equal measure.

You can borrow the book right now by [clicking here](#).

'And here it comes. Walking along the horizon. At first it's a ripple, like something behind a curtain. Then the moon opens its eye and you can see that the thing walks on all fours with its head lowered. It's a dog, a very large dog, and although you have never been afraid of dogs, this one fills you with terror. It's as though you are drowning in fear: it's as though fear has filled you up right to the top of your throat and you only have one last breathe to scream with.

So you scream.'

Vol 1 Issue 12

1/2/21

Opening hours during  
Lockdown:

Mr Brown will be in the library on Mondays, Tuesdays and Fridays.

Collect and return books from the school reception.

## In This Issue:

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# Anxiety Advice

With school closed and the country in lockdown, we are all experiencing new or different emotions. Anxiety is the feeling we get when we are worried, tense or afraid. It is a natural human response when we think we're under threat from something and it can happen through our thoughts, feelings and physical sensations. It can happen without warning.



Anxiety can make us feel that we're not in control of our lives. There are plenty of things we can do to help us cope with anxiety, but remember that you should always seek help if you feel that you are not coping well.

If you feel anxious, concerned or stressed during lockdown, here are some things you can do:—it is

**Talk to someone about how you're feeling. Speak to someone you can trust, perhaps a friend, family member, or a teacher.**

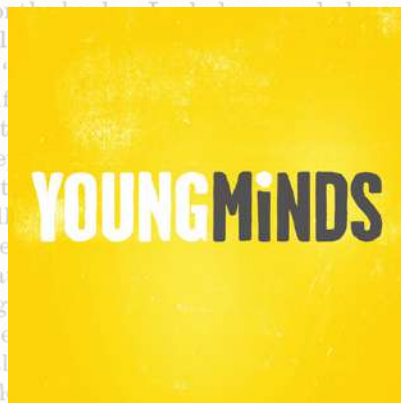


**Read the facts. Keep up to date on what's happening in the country from a reliable source. The government website and the NHS coronavirus page are very good. It's hard to know whether posts on social media are true, so try not to rely on updates from there.**

**Plan your time. Try to create a daily routine that you can stick to to create a sense of structure and normality. Try to find time for activities that help you feel calm**

# Anxiety Resources

There are several free meditations on the Headspace app specifically related to COVID. [Click here.](#)



Young Minds have some great resources. There's an advice page to help if you're struggling with coronavirus and it's impact on mental health and wellbeing. [Click here.](#)



Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself.

There are lots of free resources available - just [click here.](#)



## Online Book group During Lockdown

Do you love reading? Would you like to meet others that do? Join our online bookgroup and talk about your favourite books, read the latest YA fiction, try arts/crafts, watch movies and more!

Email Mr Brown asap if you'd like to join - spaces are limited!

[mbrown@axevalley.devon.sch.uk](mailto:mbrown@axevalley.devon.sch.uk)

# Competition Time!

The library is running a writing competition: 'Write a Letter of Thanks, Hope or Love'. The deadline is the 22nd February and prizes will be announced after half-term. [Click here](#) for more details!

## Write a letter of thanks, hope or love.

Words are powerful.

At Axe Valley, we would like you to use your words to be considerate, supportive and optimistic.

Please write an inspirational letter. It should be:

- ✓ A letter you are happy share.
- ✓ To someone who inspires you.
- ✓ Positive in tone: thankful, hopeful and loving.
- ✓ Well structured: using an introduction, clear paragraphs and a conclusion.



You may write your letter to anyone. Perhaps you would like to thank a neighbour, a relative or a local hero. Maybe you have been inspired by someone on the news: a key worker, a politician or a celebrity. Whoever it is, your letter should make them feel positive, appreciated and encouraged.

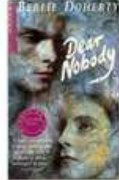
- When you have completed your letter, please send it to [mbrown@axevalley.devon.sch.uk](mailto:mbrown@axevalley.devon.sch.uk).
- Deadline: 22nd February.
- Prizes will be awarded after half term.
- Mr Brown will create a collection of your letters to inspire others.

**These links may help:**

- <https://www.youtube.com/hashtag/readaletter>
- <https://lettersofnote.com/>
- <https://www.bbc.co.uk/bitesize/topics/zv7fq3/articles/zkq8hbk>



**These authors write in an epistolary style: they use letters in their novels.**

Jane Austen		Mary Shelley
Bram Stoker		Mark Dunn
The Brontës		Sue Townsend
Alice Walker		Stephen King
Berlie Doherty		Meg Cabot



## Young Writers' Award 2021

with Cambridge University

The BBC Young Writers' Award with Cambridge University is now open for submissions - with broadcaster Katie Thistleton chairing the judging panel.

Now in its seventh year, the BBC Young Writers' Award with Cambridge University invites all young people in the UK aged between 14-18 years to submit stories of up to 1,000 words.

For more info [click here](#).

Babcock School Library Service are running a 'Toilet Roll Challenge' for World Book Day 4th March 2021.

The idea is to create a design on a toilet roll tube representing your favourite book! Make sure you wash your hands first and send a picture of your roll to Mr Brown.

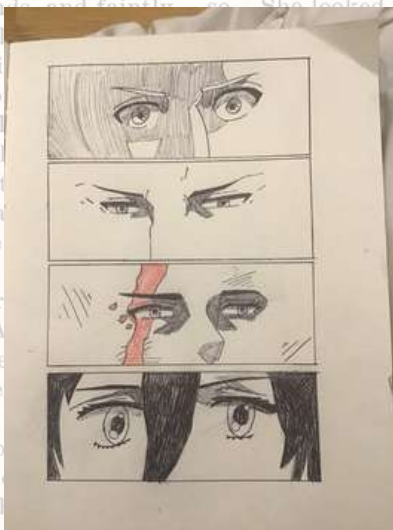
For more information and the rules [click here](#).



# Manga Club Artwork

During lockdown, the school Manga clubs have still be meeting on Google Classrooms.

The group have been learning how to draw manga characters with a particular focus on how to draw faces. As you can see, there is some real talent within the group!



Please send book reviews, suggestions and feedback to:

[mbrown@axevalley.devon.sch.uk](mailto:mbrown@axevalley.devon.sch.uk)