Library Happenings!

Pick up a book and you just might
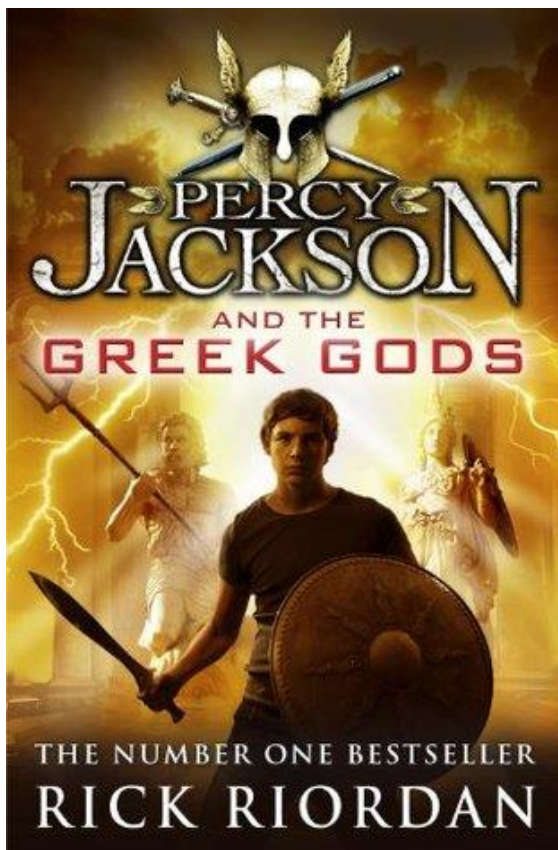**"Discover or rediscover the joy of reading"**!

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." -Dr Seuss

**Need a Book to Read?
Come and browse the shelves and try out our Reading Chair!**

Percy Jackson and the Greek Gods

by Rick Riordan

If you like horror shows, bloodbaths, lying, stealing, backstabbing and cannibalism, then read on ....

Who could tell the stories of the gods of Olympus better than a modern-day demigod?

In this whirlwind tour of Greek mythology, Percy Jackson gives his personal take on the gods and goddesses of Ancient Greece – and reveals the truth about how they came to rule the world.

(Back cover)

Source: http://d.gr-assets.com/books/1428216932l/22022035.jpg

7 Ways Mindfulness and Meditation Can be Helpful to Students

Want to try something new over the school holidays? Why not give meditation a go? There are lots of great Apps out there, for example 'Mindfulness', 'Headspace', 'Relax' and 'Positivity'. These will guide you through simple meditation and mindfulness exercises. You could even try the new mindfulness colouring-in books for adults that are all the rage. But what is it all about and why should you try it?

What is Mindfulness?
Headspace (www.headspace.com) defines mindfulness as "the intention to be present in the here and now, fully engaged in whatever is happening, free from distraction or judgement, with a soft and open mind".

What is Meditation?
Meditation is a way of transforming the mind, making it calm and silent. According to the Australian Teachers of Meditation Association meditation is a discipline that involves turning the mind and attention inward and focusing on a single thought, image, object or feeling.

How does meditation and practicing mindfulness help you with your schoolwork?
1. **Reduces anxiety and risk of depression -** By becoming mindful, a person stops judging themselves and those around them and recognises that every situation "is what it is". When you stop judging and comparing, you are able to reduce anxiety.
2. **Increases resilience -** resilience is the ability to experience something bad but to not internalise it and to be able to move on, still gaining benefit even from a negative experience. Practicing mindfulness and meditation quietens the mind and enables acceptance without judgement, which is key for achieving resilience.
3. **Improves ability to learn and recall information -** research by the University of Miami has shown that practicing mindfulness for 12 minutes a day improved attention and memory.
4. **Improves concentration -** regular practice of meditation may help improve concentration by enabling the brain to focus more accurately and to filter out unwanted or unhelpful messages.
5. **Improves creativity -** practicing mindfulness and meditation has the potential to allow the brain to unlock and unleash creativity. Creativity is of benefit to all students, not just in terms of artistic talents but also in relation to problem solving.
6. **Helps manage exam stress -** meditation can help you calm and focus your mind which helps to manage stress related to exams. This tool can be used in the lead up to the exam and also during the exam if stress levels begin to rise.
7. **Leads to better sleep -** getting enough sleep is crucial to ensure students have the mental and physical energy to learn. However, as academic and social pressures increase, this can lead to students having difficulty falling asleep or staying asleep. By reducing anxiety and stress you can ultimately sleep better and longer.

Further Mindfulness and Meditation Resources
-   http://www.meditationinschools.org/wp-content/uploads/2013/06/Mind-Space-Tips-for-Dealing-with-Exam-Stress-.pdf
-   http://smilingmind.com.au/
-   http://www.meditationinschools.org/resources/

OVERDUE LIBRARY BOOKS & TEXTBOOKS

The end of the school year is getting closer so don't forget to return overdue library books, textbooks and calculators to the library as soon as possible.

Please check your student emails for any overdue notices.
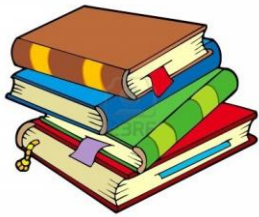
Need Help?

Make sure you ask us for help.

Ask a **L**ibrarian

Happy Reading and Studying!

Mrs Owen – Teacher Librarian & Mrs Sweep – SAS Library Assistant