

# The Importance of Reading for Pleasure

Nurturing Lifelong Learners



# Introduction

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According to the International Reading Association

Adolescents entering the adult world in the 21st century will read and write more than at any other time in human history. They will need advanced levels of literacy to perform their jobs, run their households, act as citizens, and conduct their personal lives. They will need literacy to cope with the flood of information they will find everywhere they turn. They will need literacy to feed their imaginations so they can create the world of the future. In a complex and sometimes even dangerous world, their ability to read can be crucial.

Research evidence on reading for pleasure May 2012

# Academic Success

Evidence from OECD (2002) found that reading enjoyment is more important for children's educational success than their family's socio-economic status.

Ofsted English Research Review 2022 shows the extensive research into reading for pleasure which indicates positive correlation between pupil's engagement with reading and their attainment in reading.

Comparing participants from the same social backgrounds who had achieved the same test scores as each other at ages 5 and 10, they discovered that those who read books often at age 10 and more than once a week at age 16, made more progress in maths as well as vocabulary, between the ages of 10 and 16, than those who read rarely or never ( Centre for Longitudinal Studies)

# Current picture in UK

In 2023, National Literacy Trust (NLT) recorded the lowest level of reading enjoyment since they started asking children and young people about this in 2005. A large part of the reason is that fewer of those who have traditionally enjoyed reading, such as girls and those aged 8 to 11, now say they enjoy it.

Just 2 in 5 children aged 8-18 said they enjoyed reading in their free time.

There has been a 26% decrease in the number of children and young people aged 8 to 18 who read daily in their free time since 2005 (decreasing from 38.1% to 28.0%).

# Benefits of Reading for Pleasure

Reading Agency research shows

- 19% of readers say that reading stops them from feeling lonely.
- Higher literacy skills are associated with a range of positive societal benefits, including having a stronger sense of belonging to society and being more likely to trust others.
- Studies have found that reading for pleasure enhances empathy, understanding of the self, and the ability to understand one's own and others' identities.
- Regular readers for pleasure reported fewer feelings of stress and depression than non-readers, and stronger feelings of relaxation from reading than from watching television or engaging with technology intensive activities.
- Those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure is associated with better sleeping patterns.
- Adults who read for just 30 minutes a week are 20% more likely to report greater life satisfaction.

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# Reading Motivation



Curious readers read to learn new words, new things or to help them understand the views of others



Mindful readers read to relax , feel happy, feel confident or to deal with problems



Social readers read to find out about issues that interest them or to feel connected to the world

# Reading for Pleasure Culture

- Reading Framework DfE 2023: To nurture the reading habit, schools need a strategic approach rather than simply an eclectic mix of 'reading for pleasure' activities. Competitions, dressing up days and other promotional activities should be built into wider strategic activity, such as being used to launch a new initiative. However, these activities on their own are not enough to motivate all pupils to read regularly at home.
- Time to read aloud and read independently
- Providing time for informal book talk and recommendations
- Creating reading communities both in and out of school

# What does it look like at St Felix

- Reading Leaders selected in Y6 to act as positive role models and develop initiatives from a child's perspective
- Weekly Book Clubs in all classes as part of curriculum to talk about books
- Books available for children to read at home – read with and read to
- Support for parents to help with reading at home





# Encouraging Reading

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Ofsted :

*Short term motivation is a less reliable predictor of long-term motivation than becoming an accomplished reader early.*

*Children may enjoy reading but prefer other activities – making the option of reading the most readily available seems sensible*

*NLT: 58% said they had seen their parents or carers read in the last four weeks.*

*What was the last book you read and when?*

# Developing a Reading Habit

•<https://youtu.be/iNumRNcAF1Y>

Research from CLPE on younger children shows

- Children are motivated to read if books link to topics and interests
- Develop positive reading attitudes if opportunities to read in class exist regularly
- Are excited to recognise the books they own or have read in the classroom and enjoy recommending them

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# Reading as a Family Activity

Within the 8 to 18 age group,

1 in 2 (52.9%) told us they had been encouraged to read by their parents/carers.

3 in 5 (58.4%) had seen their parents/carers read, while 1 in 5 (19.9%) had read with their family.

Nearly three times as many children and young people who perceived their reading environment to be supportive said they enjoyed reading compared with those who perceived it to be less supportive (63.9% vs. 25.4%), while twice as many read daily in their free time (41.7% vs. 17.7%)

# Reading as a Family Activity

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<https://wordsforlife.org.uk/activities/make-reading-fun-with-chase-bank/>

[https://youtu.be/IA\\_hDIRNSGY](https://youtu.be/IA_hDIRNSGY)

## Overcoming Challenges

There are certain groups who often report not enjoying reading in their spare time but who enjoy reading more at school. NLT's research indicates that children are more likely to read if they have support from role models, access to books that represent them and a quiet space to read in.

When children own a collection of books at home, they are more likely to read and talk about books – book gifting can help to achieve this.

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# Access to Books

To get a library card, just attend the library with some proof of your name and address. If it is for a child, they will need you with them as a guarantor and proof as above.

You can take out books straightaway.

## Opening times

Monday	0900 - 1300
Tuesday	0900 - 1900
Wednesday	0900 - 1700
Thursday	0900 - 1700
Friday	0900 - 1700
Saturday	0900 - 1630
Sunday	1000 - 1600



Access thousands of free ebooks on the Libby App and Audio Books on Borrowbox  
Magazines and newspapers are great to encourage reading and Suffolk Libraries offer a range of free titles about music, sports and more on the Press Reader app

# Resources for Parents

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- Suffolk family hubs: [suffolk.gov.uk/children-families-and-learning/suffolk-family-hubs](https://suffolk.gov.uk/children-families-and-learning/suffolk-family-hubs)
- Featherbed Tales: Featherbed Tales lets you share beautiful stories brought to life with your own voice! Perfect for children developing their language skills and free from Suffolk libraries Featherbed Tales – our digital story sharing service | Suffolk Libraries
- Words for Life | National Literacy Trust has lots of suggestions of fun activities for children aged 0-12 years. You can also find our Top 50 recommended reads here.
- Our reading spine:  
<https://www.stfelixhaverhill.com/learning/reading>

## Short Survey

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When did you last read a book with your child that wasn't their reading book?

When did you last read a book in front of your child?

What book would you recommend to others for their children or as an adult?



# Would you like support with reading for pleasure?

Love Reading programme delivered to a group of children and their parents within school.

The sessions run across 6 weeks. Days and times to suit. Each session will run for approximately an hour. The children are invited to attend along with their parent/guardian. These sessions are for children and their families who may wish for help to support reading at home.

A maximum of 10 children and the same children attend across the 6 weeks. The children do not have to be from the same year group.

# Conclusion

Reading is the gateway to the rest of the school curriculum.

Reading success is most influenced by learning to read early and having a long term motivation to read.

This motivation comes a reading culture both at home and at school

It can be fun and easy to achieve.

# Thank You

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You will now have chance to take part in our reading for pleasure culture through the Book Clubs.

Book café will give you a chance to sit and read for 10 minutes on World Mental Health Day #Take10

- Sign up for Love Reading sessions
- Complete a brief book review

# References

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  - Reading Framework DfE July 2023
  - National Literacy Trust Annual Literacy Survey 2023
  - Reading Agency <https://worldbooknight.org/impact/why-is-reading-for-pleasure-important> April 2022
  - Research evidence on reading for pleasure DfE May 2012
  - [https://cls.ucl.ac.uk/cls\\_research/reading-for-pleasure/#:~:text=Comparing%20participants%20from%20the%20same,and%2016%2C%20than%20those%20who](https://cls.ucl.ac.uk/cls_research/reading-for-pleasure/#:~:text=Comparing%20participants%20from%20the%20same,and%2016%2C%20than%20those%20who) accessed 6.10.23