

Sustained Silent Reading:

The research is in and it turns out that reading is actually good for you! Who knew? But did you know how good it is for you? Doing sustained silent reading every day for a minimum of 20 minutes is equivalent to going to BRAIN GYM. It increases cognitive ability (smarter!), reduces stress, improves memory, increases focus and concentration, and on average increases your life expectancy by 2 years!

So this year at BSS, we are reading!

- 20 minutes a day
- After lunch
- Every day

So, send your students to school with a book or ask them what they are reading. Don't forget to tell Mr. Lowe or Mrs. Dolha when you finish a book so that you can enter the contest for some awesome prizes.

