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Happy reading! – Miss Mullins, Miss Walker, and Miss Henry



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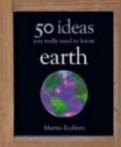
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## Earth Hour

How often do you pick up your phone or turn on a light switch? Electricity has become such a big part of our lives that we take for granted such conveniences as going to bed without burning a candle, or washing our clothes by hand. While electricity makes our lives easier, it also has a negative impact on the planet due to the energy used and the emissions released into the atmosphere. Earth Hour is a yearly event, celebrated on the 22<sup>nd</sup> March between 8:30pm to 9:30pm, that encourages people spend 60 minutes of their time doing something good for the planet. You can contribute to the cause in simple ways, such as switching to energy-saving light bulbs, reducing your screen time or picking up litter in nearby parks and public spaces. The most popular way to help the planet during Earth Hour is to go electricity-free. The first Earth Hour event was celebrated in Sydney, Australia in 2007 and by 2016, 170 countries were involved to support the cause. Since then, Earth Hour has become the world's largest environmental movement, drawing attention to the climate emergency and demonstrating to governments and other decision-makers the need to protect our planet. Though attention is drawn to our over-consumption of energy through this annual event, it's important to remember that it is vital to care for our planet all year long. To find out more, [click here](#).



### Earth: 50 Ideas You Really Need to Know by Martin Redfern

Around 30 years ago, two things happened that were to revolutionize the understanding of our home planet. First, geologists realized that the continents themselves were drifting across the surface of the globe and that oceans were being created and destroyed. Secondly, pictures of the entire planet were returned from space. Suddenly, the Earth began to be viewed as a single entity: a dynamic, interacting whole, controlled by complex processes we scarcely understood. This Introduction explores emerging geological research and explains how new advances in the understanding of plate tectonics, seismology, and satellite imagery have enabled us to begin to see the Earth as it actually is: dynamic and ever changing.

### 100 Things to Know About Saving the Planet by Alice James et al

How could plastic-eating bacteria help reduce waste? Can a river be given human rights? Could we generate all the power we need from the sun and the wind? How do woolly sweaters help penguins in peril? Would building a giant sunshade in space stop the world from overheating? Find the answers to these questions and more in this bold, graphic and exciting book, full of big, small and unexpected ways to save the planet.



### What We Need to Do Now by Chris Goodall

The UK has declared a 'climate emergency' and pledged to become carbon neutral by 2050. So how do we get there? Drawing on actions, policies and technologies already emerging around the world, Chris Goodall sets out the ways to achieve this. His proposals: Building a huge over-capacity of wind and solar energy, storing the excess as hydrogen; using hydrogen to fuel our trains, shipping, boilers and heavy industry, while electrifying buses, trucks and cars; Farming - and eating - differently, encouraging plant-based alternatives to meat-paying farmers to plant and maintain woodlands; making fashion sustainable and aviation pay its way, funding synthetic fuels and genuine offsets; using technical solutions to capture CO2 from the air, and biochar to lock carbon in the soil.



## Books of My Life – Jess Kidd

Fantasy novelist Jess Kidd recently spoke to *The Guardian* about the books that have shaped her over the course of her life. Her earliest reading memory is her sisters teaching her to read using Mills and Boon romance novels, and she recalls that there were few other books in her house at that time. Dylan Thomas' *Under Milk Wood* was the book that changed her as a teenager: her late father had a vinyl of actor Richard Burton reading the play, and Kidd "loved the opulence of the language and the narrative." The book she rereads is *We Have Always Lived in the Castle*, or "anything by Shirley Jackson, who is the perfect writer to lead you somewhere twisted, and wry and difficult." She will never read Louis Stevenson's *The Strange Case of Dr Jekyll and Mr Hyde* again as she disliked the portrayal of the female characters and views the story as "just a gaggle of wealthy bachelors bumbling around London." Her comfort reads are anything by magical realism novelist Kelly Link. Read more [here](#).



### The Book That Changed Me as a Teenager: *Under Milk Wood* by Dylan Thomas

Set in the small Welsh village of Llaregub, this 'play for voices' weaves a tapestry of dreams and reality, exploring the intricate lives of its inhabitants with a blend of humour, poignancy and lyrical beauty. Thomas's mastery of language and profound understanding of the human spirit shine in this timeless classic, inviting readers into a day in the life of a community where each character's story resonates with the universal themes of love, loss and the passage of time.



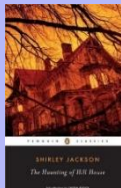
### The Book I Reread: *We Have Always Lived in the Castle* by Shirley Jackson

Eighteen-year-old Merricat may, or may not be, a mass murderer. Six years ago, everyone in the Blackwood family was poisoned by sugar laced with arsenic – everyone, that is, apart from Merricat and her elder sister Constance. They live in peaceful, ordered isolation, away from prying eyes in the nearby village, until one day boorish cousin Charles arrives with designs on their father's fortune. Whether by practical or magical means, Merricat will do whatever is necessary to protect their home.



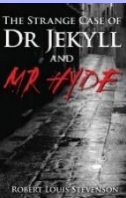
### The Book I Reread: *The Hunting of Hill House* by Shirley Jackson

It is the story of four seekers who arrive at a notoriously unfriendly pile called Hill House: Dr. Montague, an occult scholar looking for solid evidence of a "haunting"; Theodora, the light-hearted assistant; Eleanor, a friendless, fragile young woman well acquainted with poltergeists; and Luke, the future heir of Hill House. At first, their stay seems destined to be merely a spooky encounter with inexplicable phenomena. But Hill House is gathering its powers—and soon it will choose one of them to make its own.



### The Book I Could Never Read Again: *The Strange Case of Dr Jekyll and Mr Hyde* by Robert Louis Stevenson

Dr Jekyll is obsessed by the idea of the soul's dual nature; he believes the good and evil side of a person are distinct and can be separated, and seeks to prove this, despite the derision of his contemporaries. Unpleasant Mr Hyde appears to be the perpetrator of a number of horrific and violent crimes, but when pursued by the police he is seemingly impossible to trace. Dr Jekyll appears to be his unlikely ally. Lawyer, and concerned friend of Dr Jekyll, Gabriel Utterson, takes it upon himself to investigate the strange happenings, though when the truth is finally revealed, it is far more sinister than anyone could have imagined.



### Marx: A Very Short Introduction by Peter Singer

In Marx: A Very Short Introduction, Peter Singer identifies the central vision that unifies Marx's thought, enabling us to grasp Marx's views as a whole. He sees him as a philosopher primarily concerned with human freedom, rather than as an economist or a social scientist. In plain English, he explains alienation, historical materialism, the economic theory of Capital, and Marx's ideas of communism, and concludes with an assessment of Marx's legacy.



### Toxic Communities: Environmental Racism, Industrial Pollution, and Residential Mobility by Dorceta Taylor

From St. Louis to New Orleans, from Baltimore to Oklahoma City, there are poor and minority neighbourhoods so beset by pollution that just living in them can be hazardous to your health. Due to entrenched segregation, zoning ordinances that privilege wealthier communities, or because businesses have found the 'paths of least resistance,' there are many hazardous waste and toxic facilities in these communities, leading residents to experience health and wellness problems on top of the race and class discrimination most already experience. Taking stock of the recent environmental justice scholarship, *Toxic Communities* examines the connections among residential segregation, zoning, and exposure to environmental hazards. Renowned environmental sociologist Dorceta Taylor focuses on the locations of hazardous facilities in low-income and minority communities and shows how they have been dumped on, contaminated and exposed.

### Kuroko's Basketball Omnibus: Volume 1 by Tadatashi Fujimaki

Tetsuya Kuroko doesn't stand out much. In fact, he's so plain that people hardly ever notice when he's around. Though he's just as unremarkable on the basketball court, that's where his plainness gives him an unexpected edge—one that lets him execute awesome moves without others noticing! When incoming first-year Taiga Kagami joins the Seirin High basketball team, he meets Tetsuya Kuroko, a mysterious boy who's plain beyond words. But Kagami's in for the shock of his life when he learns that the practically invisible Kuroko was once a member of "the Miracle Generation"—the undefeated legendary team—and he wants Kagami's help taking down each of his old teammates!



### Blue Period: Volume 1 by Tsubasa Yamaguchi

Yatora is the perfect high school student, with good grades and lots of friends. It's an effortless performance, and, ultimately... a dull one. But he wanders into the art room one day, and a lone painting captures his eye, awakening him to a kind of beauty he never knew. Compelled and consumed, he dives in headfirst -- and he's about to learn how savage and unforgiving art can be!

### Economics For Beginners by Lara Bryan and Andrew Prentice

Nobody has everything they need, all the time - so how can we make do with what we have *Economics* is all about understanding the choices we make to solve this problem. With bright, infographics pictures, this informative book describes why markets are so important, how businesses work out what to sell, and how governments choose how to run a country.

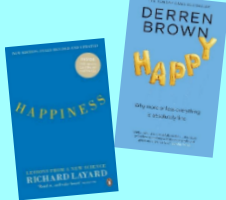


## International Day of Happiness

The 20<sup>th</sup> of March is the United Nations' International Day of Happiness. This year's theme is 'caring and sharing'. Find out more about the day [here](#). Below you can find some tips on how to be happier.

### How to be Happier in 6 Steps (From the NHS website [here](#))

1. Manage your stress levels: introduce regular exercise and time to yourself. You can also try [breathing techniques](#).
2. Enjoy yourself: Doing things you enjoy is good for your emotional wellbeing, and doing something you're good at will give you a sense of achievement. Try to avoid things that make you feel good at the time, but worse afterwards, like eating too much junk food.
3. Boost your self-esteem: treat yourself as if you are a valued friend, in a positive but honest way. If you wouldn't say something negative about a friend, why would you say it about yourself?
4. Have a healthy lifestyle: exercise regularly, eat a well-balanced diet, and get enough sleep – for teenagers this is 8-10 hours per night.
5. Talk and share: Talking things through helps to release tension and strengthen your relationships.
6. Build your resilience: Creating something out of bad experiences e.g. an art piece of a poem can help you express pain and get through hard times.



**Happiness: Why More or Less Everything is Completely Fine by Derren Brown**  
Til now, we've known Derren Brown as a supreme illusionist and magician. Now he surprises us with a new and brilliant identity as a philosopher. Not just any philosopher. Brown takes philosophy back to its truest task that of helping us to live and die well. His book is deeply informative, moving, wise and full of love. It sets out to change lives and it will. Derren has pulled off a properly implausible trick that of making the deepest ideas relevant, humane and urgent.

### Happiness: Lessons from a New Science by Richard Layard

In this new edition of his landmark book, Richard Layard shows that there is a paradox at the heart of our lives. Most people want more income. Yet as societies become richer, they do not become happier. This is not just anecdotally true; it is the story told by countless pieces of scientific research. We now have sophisticated ways of measuring how happy people are, and all the evidence shows that on average people have grown no happier in the last fifty years, even as average incomes have more than doubled. In fact, the First World has more depression, more alcoholism and more crime than fifty years ago. This paradox is true of Britain, the United States, continental Europe, and Japan. What is going on? Now fully revised and updated to include developments since first publication, Layard answers his critics in what is still the key book in 'happiness studies'.

## On This Day in History... The Birth of Ovid, 20<sup>th</sup> March 43 BC

Publius Ovidius Naso, commonly referred to as Ovid, was a Roman poet best known for his influential works, *Metamorphoses*, *Herioides* and *Ars Amatoria*. His poems are significant to literary history and are often compared to the works of Homer and Virgil. Ovid's poetry often explores themes of love, desire and transformation. He was inspired by poets such as Catullus and Propertius, adopting their styles to express the complexities of romantic relationships. In *Metamorphoses*, he delved into mythology, focusing on the ideas of physical and emotional change. Despite his literary success, in 8 AD Ovid was exiled from Tomis (modern day Romania) due to content deemed scandalous in *Ars Amatoria* and remained in exile until his death in 17 AD.



Ovid's work has had a lasting impact on literature and culture, influencing many writers and artists throughout history. Notably, Shakespeare's *Romeo and Juliet* was heavily inspired by the story of the lovers Pyramus and Thisbe from Ovid's *Metamorphoses*.



### Metamorphoses by Ovid

Prized through the ages for its splendor and its savage, sophisticated wit, *The Metamorphoses* is a masterpiece of Western culture--the first attempt to link all the Greek myths, before and after Homer, in a cohesive whole. In the Roman myths of Ovid's day, Horace Gregory, in this modern translation, turns his poetic gifts toward a deft reconstruction of Ovid's ancient themes, using contemporary idiom to bring today's reader all the ageless drama and psychological truths vividly intact.

### Herioides by Ovid

In the twenty-one poems of the *Herioides*, Ovid gave voice to the heroines and heroes of epic and myth. These deeply moving literary epistles reveal the happiness and torment of love, as the writers tell of their pain at separation, forgiveness of infidelity or anger at betrayal. The faithful Penelope wonders at the suspiciously long absence of Ulysses, while Dido bitterly reproaches Aeneas for too eagerly leaving her bed to follow his destiny, and Sappho - the only historical figure portrayed here - describes her passion for the cruelly rejecting Phaoon. In the poetic letters between Paris and Helen the lovers seem oblivious to the tragedy prophesied for them, while in another exchange the youthful Leander asserts his foolhardy eagerness to risk his life to be with his beloved Hero.



## Previously Unknown Constable Sketch Sells for £300k



Dedham Vale Looking Towards Langham

A newly discovered sketch by British landscape painter John Constable has sold for over £300,000 at an auction in Nork Yorkshire. The artwork, titled *Dedham Vale Looking Towards Langham*, is about 12 inches by 15 inches and was created between 1809 and 1814. It was previously kept in a private family collection and has not been documented before. Auctioneer Jane Tennant said that the discovery is "a source of great excitement" for the art world, especially as it is a

piece that was not previously recorded. Constable, best known for his 1821 oil painting *The Hay Wain*, passed away in 1837. He is celebrated for his beautiful paintings of the English countryside, particularly rural Suffolk. The *Dedham Vale* sketch, thought to be an early work, captures the landscape near Constable's home and is believed to have influenced a later oil painting he completed in 1825. Jane Tennant added, "Oil sketches, much like drawings, have an immediacy – a direct link to the mind and working practices of an artist." Click [here](#) to read the original BBC article by Sarah Spina-Matthews.

### Constable: World of Art by Michael Rosenthal

Traces the development of the career of the English artist and analyses his paintings, water colours, and drawings.



### Essential Constable by Mandi Gomez

Essential Constable looks at all aspects of Constable's art, with detailed commentary on 120 of his works. Most of these are instantly recognisable as his most famous and important pieces, others are less well-known, but they are all equally essential to Constable's artistic and philosophic development.



## On This Day in History... The Birth of Lois Lowry, 20<sup>th</sup> March 1937



Author Lois Lowry is best known for her dystopian series, *The Giver* (1993), though she has published over 40 books for children and young people over the course of her career. Lowry has always explored complex issues in her work, such as racism, terminal illness, and The Holocaust and therefore her novels have been met with both praise and criticism. By the year 2000, eight of Lowry's books had been challenged in schools and libraries in the USA, with *The Giver* in particular remaining near the top of the American Library Association's list of banned and challenged books since its publication. The reasons given for this were variously: violent content related to euthanasia, suicide, infanticide, and sexually suggestive content in the novel. In recent years, this opinion of the work has become controversial in itself, as *The Giver* now has a fairly unanimous recommended reading age of 10-13. The *Chicago Tribune* argues that the major theme running through all of Lowry's work is "the importance of human connections."

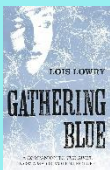
### The Giver #1: *The Giver* by Lois Lowry

It is the future. There is no war, no hunger, no pain. No one in the community wants for anything. Everything needed is provided. And at twelve years old, each member of the community has their profession carefully chosen for them by the Committee of Elders. Twelve-year old Jonas has never thought there was anything wrong with his world. But from the moment he is selected as the Receiver of Memory, Jonas discovers that their community is not as perfect as it seems. It is only with the help of the Giver, that Jonas can find what has been lost. And it is only through his personal courage that Jonas finds the strength to do what is right...



### The Giver #2: *Gathering Blue* by Lois Lowry

In her strongest work to date, Lois Lowry once again creates a mysterious but plausible future world. It is a society ruled by savagery and deceit that shuns and discards the weak. Left orphaned and physically flawed, young Kira faces a frightening, uncertain future. Blessed with an almost magical talent that keeps her alive, she struggles with ever broadening responsibilities in her quest for truth, discovering things that will change her life forever.



### The Giver #3: *Messenger* by Lois Lowry

In *Messenger*, Matty has lived in Village and flourished under the guidance of Seer, a blind man known for his special sight. His community once welcomed newcomers, but something sinister has seeped into Village and the people have voted to close its borders to outsiders. Now Matty must risk everything to make one last journey through the treacherous forest...



### The Giver #4: *Son* by Lois Lowry

They called her *Water Claire*. When she washed up on their shore, no one knew that she came from a society where emotions and colours didn't exist. That she had become a Vessel at age thirteen. That she had carried a Product at age fourteen. That it had been stolen from her body. Claire had a son. But what became of him she never knew. What was his name? Was he even alive? She was supposed to forget him, but that was impossible. Now Claire will stop at nothing to find her child, even if it means making an unimaginable sacrifice.

